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Free the Qi and Blood Treatments for 10 Disorders

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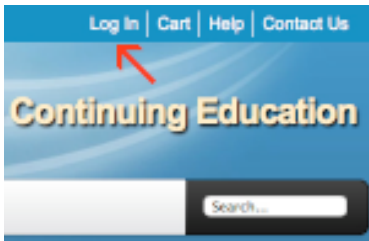
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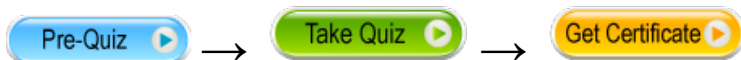


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Free the Qi and Blood

Treatments for 10 Disorders

Multiple Uses of Xiao Yao San

Xiao Yao San originates from the Tai Ping Hui Min He Ji Ju Fang in the Song dynasty. Xiao Yao translates to the words relax and smooth. San translates to the word powder. It regulates Liver Qi and strengthens the Spleen Qi and Liver Blood. Xiao Yao San is used for Liver Qi stagnation or Liver and Spleen and Stomach not harmonizing and underlying Spleen Qi deficiency and Liver Blood deficiency.

Indications:

Excessive emotionality, depression, bipolar disorder, irregular menstruation, PMS, irregular menstruation, excessive uterine bleeding, loose stool, upset stomach, bloating, fatigue, dark or pale tongue with teeth-marked tongue with a moist coating, wiry or wiry and weak pulse.

Ingredients:

Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Bo He	Mentha Haplocalyx	3-6g
Dang Gui	Radix Angelicae Sinensis	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Sheng Jiang	Zingiberis Officinalis Rechen, Rhizoma	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

The Chief ingredients, **Chai Hu** and **Bai Shao**, regulate Liver Qi. **Chai Hu** raises the Qi upwards and moves it to the left and right sides of the body. **Bai Shao** nourishes the blood, astringes the Yin and harmonizes the Ying and Wei. **Chai Hu** emphasizes its moving and rising properties and **Bai Shao** emphasizes its astringent property. As paired herbs, they harmonize each other.

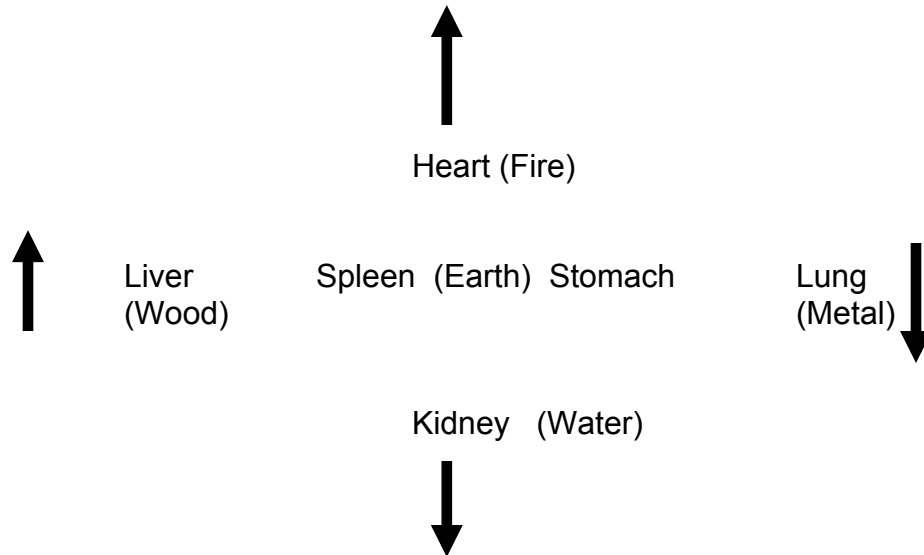
The assistants are **Dang Gui**, **Bai Zhu** and **Fu Ling**. **Dang Gui** nourishes the blood and promotes blood circulation. **Bai Zhu** and **Fu Ling** dry and drain dampness in the Middle Jiao. **Bai Zhu** dries dampness and **Fu Ling** promotes urination and drains dampness thus maintaining a dry environment for the Spleen.

The adjutant (also translated as assistant) herbs are **Sheng Jiang** and **Bo He**. **Sheng Jiang** is acrid and warm to assist Chai Hu and Bai Zhu to regulate Qi, dry dampness and descend the Stomach Q. **Bo He** is acrid and cool to assist the function of Chai Hu to smooth the Liver Qi on a lighter (i.e. surface) level and reduce irritation. Bo He, Chai Hu, and Bai Shao function as a combination to work on surface, middle, and deeper levels respectively. Bo He works on the surface level (its function is to release the surface), Chai Hu works on the Shao Yang level (it enters the GB Lesser Yang channel) and Bai Shao works on the deeper level of Jue Yin to regulate and smooth Liver Qi and eliminate irritability.

The messenger, **Gan Cao**, with its sweet taste, slows and harmonizes the other ingredients for both upward and downward-moving properties and strengthening Qi.

The Movement of Qi

In terms of the five element Qi flow in the body, Heart Qi tends to move upwards, Liver Qi tends to move upwards as well as to the left and right, Spleen Qi moves upwards, Stomach Qi moves downwards, Lung Qi needs to be open and move downwards, and Kidney Qi needs to be stable.



Chai Hu and **Bo He** move Liver Qi upwards to regulate Liver Qi.

Bai Shao calms the Liver and Kidney Qi with a downward moving property.

Bai Zhu dries the Spleen and promotes the Spleen Qi flowing upwards.

Fu Ling drains dampness thus stabilizing the Stomach, Lung and Kidney Qi and also decreases dampness in the Middle Jiao thus moving the Spleen Qi upwards.

Gan Cao stabilizes Spleen, Stomach, Lung and Kidney Qi.

This formula is a combination of herbs that move the Qi upwards and downwards:

- **Chai Hu**, **Bo He** are cool and tend to raise and regulate the Liver Qi upwards.
- **Bai Zhu** and **Sheng Jiang** are acrid and warm and tend to move upwards the flow of Spleen Qi and downwards the Stomach Qi.
- **Dang Gui** warms up and promotes Liver and Heart Qi upwards.
- **Fu Ling** and **Gan Cao** are stabilizing and move downwards the Spleen and Kidney Qi.

These upward and downward functions balance the Yin and Yang of the formula and treat patients with simultaneous Liver Qi stagnation with Spleen Qi deficiency conditions. Adjustments can be made to the formula to balance excess and deficiency

syndromes. For example, if a patient has Liver Yang Rising high blood pressure and Spleen Qi deficiency diarrhea, one may need to increase the dosage of **Bai Shao** and **Fu Ling** and decrease the dosage of **Dang Gui** and **Chai Hu**. If a patient has predominantly Liver Qi stagnation with depression, one may need to increase the dosage of **Chai Hu**, **Bao He**, **Dang Gui** and **Sheng Jiang**.

Cautions: Use caution if the patient has heat pathogens. A high dosage of Chai Hu may lead to Liver Yang Rising.

Ten common applications for Xiao Yao San modifications

1. Emotional disorder.
2. Female disorder.
3. Hepatitis.
4. Middle Jiao disorder.
5. Excess internal wind.
6. Male disorder.
7. Skin disorder.
8. Eye disorder.
9. Head and ear disorder.
10. Thyroiditis.

How to Use This Course Material

The following sections present formula modifications for Xiao Yao San. Use the formula recommendations and single herb combinations to modify the base formula of Xiao Yao San to address each condition reviewed.

1. Emotional disorders

In the five elements the Liver is wood. Its character is likened to the upward, left and right movements of a tree that moves upward, left and right. Heart is fire and flames upwards and is strong in character. The Heart fire and Liver wood combine to effect the emotions. The wood is the fire Yin. The fire can burn out the Yin of the wood. The Heart fire is Shen shows outwardly and is therefore apparent. The Liver wood is decision making and it said to be hiding. An example from analogy, the Shen of Heart is the president of U.S.A. The Liver is C.I.A. The flame of Shen fire is supported by the wood of Liver Yin decisions. The Lung is the metal character that has strong will and is stubborn as assistant to the Liver regarding decision making. The Qi of metal moves downwards to balance the Liver and Heart Qi upward nature. Kidney confidence is water that has a stable character to control the wood fire downwards. The Spleen and Stomach are the center earth and act as will. The Spleen raises the Qi upwards and Stomach downwards which act to balance movement.

Xiao Yao San uses Chai Hu to smooth Liver Qi upwards, left and right. Bai Shao astringes the Liver and harmonizes the Liver, Spleen, Stomach and Lung Qi upward and downward motions. Bo He is light weight (functioning towards the surface) to assist to flow of the Qi. Bai Zhu and Sheng Jiang assist the Spleen Qi upwards and Stomach Qi downwards. Gan Cao harmonizes the upward and downward motion and stabilizes the Kidney.

Indications:

Excessive emotionality, stress, irritability, restlessness, forgetfulness, excessive worry, complaints and fear; fatigue, loose stool, upset stomach and bloating, irregular and painful menstruation, fullness and pain in the hypochondriac region, teeth-marked and pale tongue with moist coating, wiry and weak pulse.

Diagnosis:

Liver Qi stagnation with Spleen Qi and Liver Blood deficiency.

Ingredients:

Chai Hu	Radix Bupleuri	3-6g
Bai Shao	Radix Peoniae Lactiflorae	3-15g
Bo He	Mentha Haplocalyx	3-6g

Dang Gui	Radix Angelicae Sinensis	3-12g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Fu Ling	Sclerotium Poriae Cocco	3-30g
Sheng Jiang	Zingiberis Officinalis Rechen, Rhizoma	3-12g
Gan Cao	Radix Glycyrrhizae Uralensis	3-6g

***Chai Hu, Bai Shao** and **Bo He** regulate Liver Qi. **Chai Hu** emphasizes breaking through the Liver Qi stagnation and raising the Liver Qi upwards to expel depression. **Bo He** is lighter weight and automatically smoothes the Liver Qi in the lighter level to eliminate irritability. **Bai Shao** astringes and calms the Liver Yang to calm the spirit. As paired herbs, Chai Hu and Bo He raise and release the Liver upwards. This is balanced by Bai Shao's downward moving property and deeper action which nourishes the blood and Yin. This combination harmonizes the upward and downward movement of Qi.

***Dang Gui** nourishes the blood and promotes blood circulation in the Liver to raise the Qi upwards.

***Bai Zhu, Fu Ling** and **Sheng Jiang** have a warm temperature to benefit the Spleen and Stomach. **Bai Zhu** and **Sheng Jiang** dry the dampness in the Middle Jiao to assist the Spleen Qi upwards and descend the Stomach Qi downwards. **Fu Ling** drains the dampness to assist the Spleen Qi upwards.

***Gan Cao** harmonizes the up and down motion of ingredients.

1.1 Excess Liver Yang Rising with Spleen Qi or Liver Blood Deficiency

❖ Indications:

Angers easily, excess worrying, the mind 'races' or is 'sped up', cannot make decisions, high blood pressure, headaches, talking loudly, talking to one's self, red eyes, hair loss, fatigue, wakes up early in the morning and cannot get back to sleep, bloating of abdomen, late or irregular menstruation, red sides of the tongue, teethmarks and a pale tongue with moist coating, wiry and floating pulse.

➤ Formula recommendations:

Xiao Yao San and Zhen Gan Xi Feng Tang modification.

Xiao Yao San regulates Liver Qi and strengthens the Qi and blood. Zhen Gan Xi Feng Tang settles the Liver Yang and Clears Liver Heat.

Shi Jue Ming	Concha Haliotidis	5-30g
Mu Li	Concha Ostrae	5-30g
Long Gu	Os Draconis	5-30g
Gui Ban	Plastrum Testudinis	5-30g
Bie Jia	Carapax Amydae Sinensis	5-30g
Dai Zhe Shi	Haematitum	5-30g
Niu Xi	Radix Achyranthis Bidentatae	3-15g
Sang Shen Zi	Fructus Mori Albae	3-12g
Gou Qi Zi	Fructus Lycii	3-12g
Qing Hao	Herba Artemisia Annuae	3-12g
Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g
Mai Ya	Fructus Hordei Vulgaris	3-12g

***Shi Ji Ming, Mu Li, Long Gu, Gui Ban, Bie Jia** and **Dai Zhe Shi** settle the Liver Yang. **Shi Jue Ming** and **Mu Li**'s emphasis is to settle Liver Yang downwards. **Shi Jue Ming** brightens the eyes and **Mu Li** dissolves the nodules. **Long Gu**'s emphasis is to calm the Heart spirit and astringe the Kidney. **Gui Ban** and **Bei Jia** settle Yang and reduce heat. **Gui Ban** settles the Yang and strengthens the bones. **Bie Jia** cools the heat and promotes blood circulation. **Dai Zhe Shi** settles the Stomach Qi downwards, cools the heat and stops bleeding.

***Niu Xi** descends the blood downwards, promotes blood circulation, promotes urination, expels wind-damp-bi-pain and strengthens the Liver and Kidney.

***Sang Shen Zi** and **Gou Qi Zi** nourish the blood. **Sang Shen Zi** cools the heat. **Gou Qi Zi**'s emphasize is to nourish Liver blood.

***Qing Hao** and **Yin Chen Hao** cool the Liver heat. **Qing Hao**'s emphasis is to encourage the heat away from the body. **Yin Che Hao** clears damp heat in the Liver and GB.

***Mai Ya** opens the appetite and smoothes Liver Qi.

1.2 Liver Qi stagnation-depression with Spleen Qi deficiency, Liver Blood deficiency or Kidney Yang deficiency.

❖ Indications:

Depression, negative thinking, headaches, fullness of chest, irritability, insomnia, sighing, irregular menstruation, loss of confidence, low appetite, loose stool, cold extremities, slightly purple tongue with white coating, wiry and weak pulse.

➤ Formula:

Xiao Yao Wan modified with Bu Zhong Yi Qi Wan, Si Ni San and You Gui Yin.

• With Qi deficiency

Huang Qi	Radix Astragali Membranaceus	3-30g
Ren Shen	Radix Ginseng	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Sheng Ma	Rhizoma Cimicifugae	3-9g
Zhi Ke	Fructus Citri Aurantii	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g

***Huang Qi**, **Ren Shen** and **Dang Shen** strengthen Qi. **Huang Qi**'s emphasis is to raise the Spleen Qi upwards and to lift up the spirit. **Ren Shen** and **Dang Shen** strengthen the Middle Jiao Qi to lift the Qi upwards. **Ren Shen** is stronger than the **Dang Shen**, Ren Shen is used for acute and severe syndromes, Dang Shen is used for chronic and mild syndromes.

***Sheng Ma**, **Zhi Ke** and **Chen Pi** regulate Qi. **Sheng Ma**'s emphasis is to raise the Qi and spirit upwards. **Zhi Ke**'s emphasis is to break up the Qi stagnation and open the chest and Middle Jiao to release emotional stagnation. **Chen Pi**'s emphasis is to regulate the Middle Jiao and descend Stomach Qi downwards to stabilize the Liver Qi.

• With blood stagnation

Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g

***Chuan Xiong** is acrid and light-weight to promote Qi in the blood circulation and lift up the Qi and blood to raise and release Liver Qi.

***Yu Jin** and **Xiang Fu** promote Liver Qi and blood circulation. **Yu Jin** cools the Liver heat and opens the orifices to cool and open stagnation of the mind. **Xiang Fu** functions in a deeper blood level to regulate the Qi and blood and stop pain and to regulate the physical body to comfort Liver Qi.

• With Yang deficiency

Yin Yang Huo	Herba Epimedii	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g
Lu Rong	Cornu Cervi Parvum	3-9g

***Yin Yang Huo**, **Xu Duan** and **Lu Rong** warm the Kidney Yang to back up the confidence. **Yin Yang Huo** has a strong moving function to encourage the Yang flow to reduce depression. **Xu Duan** promotes blood circulation to increase healthy excitement and vitality levels. **Lu Rong** is the strongest to strengthen Kidney Yang and Jing.

• With dampness creating dullness of the mind

Shi Chang Pu	Rhizome Acori Graminei	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-12g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Gui Zhi	Ramulus Cinnamomi Cassiae	3-9g
Qing Hao	Herba Artemisia Annuae	3-9g

***Shi Chang Pu** and **Bai Dou Kou** transform phlegm and open the orifice. **Shi Chang Pu** is stronger to open the orifice. **Bai Dou Kou** is aromatic and stronger to expel dampness in the upper body.

***Pei Lan** has a light smell and aromatic quality to penetrate through the damp stagnation to waken the mind.

***Gui Zhi** is acrid and warm and harmonizes the Ying and Wei to flow through the stagnant dampness to clear decision making.

***Qing Hao** encourages the Qi from the interior to the exterior and from the GB & Liver to break through the dampness which is creating dull mindfulness.

1.3 Liver Qi stagnation with the up and down emotion of bipolar condition.

Indications:

Irritability, alternating insomnia, excessive energy, alternating always outside of the home, alternating depression, fatigue, alternating no talking & staying in the room, red tip and slightly purple tongue, wiry and floating pulse.

➤ Formula:

Xiao Yao San modify with Si Ni San and Gui Pi Tang.

▪ Diagnosis:

Irregular Liver and GB Qi. Spleen Qi deficiency with Heart and Liver fire.

If hypotension, use strengthen the Qi herbs. For excess hypertension use calming and cooling herbs. Between the excess and deficiency states- use regulate Qi herbs to harmonize using the base formula Xiao Yao San.

• With hypotension use raising the Qi herbs:

Huang Qi	Radix Astragali Membranaceus	3-30g
Ren Shen	Radix Ginseng	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Sheng Ma	Rhizoma Cimicifugae	3-9g
Ge Gen	Radix Puerariae	3-12g

***Huang Qi**, **Ren Shen** and **Dang Shen** strengthen Qi and spirit. **Huang Qi**'s emphasis is to raise the Qi and spirit for treating depression. **Ren Shen** and **Dang Shen**'s emphasis is to strengthen the Middle Jiao Qi to raise the Spleen and Liver Qi upwards to wake the spirit. Ren Shen is faster and stronger and more often used for acute and severe syndromes. Dang Shen is often used for chronic and milder syndromes.

***Sheng Ma** and **Ge Gen** raise Liver and Spleen Qi upwards. **Sheng Ma** is stronger to raise the Qi and spirit upwards to reduce depression. **Ge Gen** relaxes muscles to reduce headaches, neck and shoulder pain, and diarrhea.

• With hypertension use calming herbs:

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Yuan Zhi	Radix Polygalae Tenuifoliae	3-12g
Long Yan Rou	Arillus Euphoriae Longanae	3-12g
Fu Xiao Mai	Semen Triticum Aestivum	3-30g

***Suan Zao Ren**, **Yuan Zhi**, **Long Yan Rou** and **Fu Xiao Mai** calm the spirit and Heart to control excess type emotions. **Suan Zao Ren** moistens the Heart and Liver Yin to calm the Heart and Liver. It is often used for dry and heat type hypertension. **Yuan Zhi** opens the orifice and dissolves phlegm, it often used for dull mind and difficulty making decisions specifically for hyperactive persons. **Long Yan Rou** is mild and calms the Heart fire and lubricates Qi and Yin. It often used for chronic irritability which burns out Heart Yin fluids in patients. **Fu Xiao Mai** astringes the spirit and sweating. It is often used for patients who have irritability and emotions fluctuating upwards and downwards without any reason.

• With Liver, Spleen and Stomach Qi stagnation

Mu Xiang	Radix Aucklandia Lappae	3-6g
Zhi Shi	Fructus Immaturus Citrii Aurantii	3-12g

***Mu Xiang** and **Zhi Shi** regulate Middle Jiao Qi. **Mu Xiang** is acrid and warm to regulate and dry dampness in the Spleen and Stomach. In this way, it assists the Spleen Qi and Stomach Qi downwards and is used for patient's with fullness, bloating and stagnation in the abdomen. **Zhi Shi** breaks Qi stagnation and descends Qi downwards. It is used for breaking masses, phlegm, and Qi and phlegm stagnation in the Middle Jiao and chest. It treats cold and feet and hot head due to cold and hot not harmonized and communicating syndrome.

• With Liver Qi and blood stagnation

Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yu Jin	Tuber Curcumae	3-12g

***Xiang Fu** and **Yu Jin** regulate Liver Qi and promote blood circulation. **Xiang Fu** regulates Liver Qi & blood and stops pain. It is often used Liver Qi stagnation attacking the Middle Jiao and emotions related with the Liver. It is also for pain and spasms of the groin region, chest and head. **Yu Jin** cools the heat, calms the Liver and opens the orifice. It is used for angering easily, frustration, and talking loudly but not coherently.

• With Liver Qi stagnation with heat

Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Qing Hao	Herba Artemisia Annuae	3-12g
Zhu Ru	Caulis Bambusae in Taeniis	3-15g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-15g

***Zhi Zi**, **Qing Hao**, **Zhu Ru**, **Huang Qin** and **Mu Dan Pi** clear Liver and GB heat. **Zhi Zi** mildly clears heat and damp-heat in the San Jiao (Triple Burner). It cools blood, promotes blood circulation and reduces Heart and Liver irritability. It is often used for patients with irritability, insomnia, bitter taste in the mouth, ulcers in the mouth, and scanty or mild burning urination due to San Jiao heat or damp-heat. **Qing Hao** raises Liver, Spleen and Lung Qi and clears damp-heat. It is used for treating depression, foggy head, and unclear decision making with underlying damp-heat. **Zhu Ru**'s emphasis is to clear emotional disturbances from Liver and GB damp-heat. **Huang Qin** eliminates excess Liver and GB Yang and damp-heat emotional disturbances. **Mu Dan Pi** cools and promotes the circulation of Liver blood to assist the calming of the Liver Yang excess emotions and anger.

Comparison of Zhi Zi, Qing Hao, Zhu Ru and Huang Qin

Zhi Zi has a milder function but can travel throughout the San Jiao. It is a good guiding herb in the formula. Qing Hao is light-weight to raise, lift upwards and open the spirit and clear turbid damp-heat. Zhu Ru and Huang Qin clear damp-heat in the GB and Liver, treat emotions that are up and down, and treat excess worrying and unclear decision making. Zhu Ru's emphasis is to treat sticky hot phlegm. Huang Qin's emphasis is to treat dense hot phlegm.

1.4 Liver Qi stagnation with heat signs.

Indications:

Excess type emotions, frustration, red face, high blood pressure, hot flashes, headaches, shoulder pain, red side tongue with dry coating, wiry and rapid pulse.

➤ Formula:

Xiao Yao San combined with Long Dan Xie Gan Tang, Yin Quan Jian and Liu Wei Di Huang Tang.

▪ Diagnosis:

Liver Qi stagnation with heat rising upwards.

Xiao Yao San smoothers Liver Qi. If there is excess Liver heat combine with elements of Long Dan Xie Gan Tang. If there is Liver Yin deficiency with empty heat combine Xiao Yao San with Yin Quan Jian. If there is chronic Liver and Kidney Yin deficiency combine it with Liu Wei Di Huang Wan.

Long Dan Cao	Radix Gentianae Longdancao	6-9 grams
Zhi Zi	Fructus Gardeniae Jasminoidis	9
Huang Qin	Radix Scutellariae Baicalensis	9
Sheng Di Huang	Radix Rehmanniae Glutinosae	9-15
Mu Tong	Caulis Mutong	6
Zei Xie	Rhizome Alismatis Orientalis	9
Sha Shen	Radix Adenophorae seu Glehniae	9
Mai Men Dong	Tuber Ophiopogonis Japonici	6-9
Gou Qi Zi	Fructus Lycii	9
Chuan Lian Zi	Fructus Meliae Toosendan	6-9
Shan Yao	Radix Dioscoreae Oppositae	9-12
Shan Zhu Yu	Fructus corni Officinalis	6-9
Fu Ling	Sclerotium Poriae Coccinea	9-12
Mu Dan Pi	Cortex Moutan Radicis	6

***Long Dan Cao**, **Zhi Zi** and **Huang Qin** sedate damp-heat and heat toxins in the Liver and GB. **Long Dan Cao** is especially strong to clear Liver and GB damp-heat and excess fire. **Long Dan Cao** reduces excess Liver or GB damp-heat and heat toxins. **Zhi Zi** mildly to clear Liver and GB damp-heat, it travel through the San Jiao (triple

burner), is a good guiding herb and eliminates irritability. **Huang Qin** clears and calms the Liver and GB damp-heat. In general, it calms and clears the Liver and GB and is milder than Long Dan Cao.

***Sheng Di Huang** cools the Liver blood and nourishes fluid, blood and Yin to moisten the dryness and calm the Liver fire.

***Mu Tong** and **Ze Xie** promote urination and clear heat. **Mu Tong** has a strong function of promoting urination, mildly promotes lactation, and guides the Liver and Kidney damp-heat out of the body. **Caution:** do not use more than 30 grams each time of Mu Tong and only use when legally allowed. **Ze Xie** sedates Kidney excess damp-heat and empty heat.

*(**Bei**) **Sha Shen** and **Mai Men Dong** nourish Yin fluids to reduce dryness to calm the Liver fire. **Sha Shen** is stronger at nourishing fluids than Mai Men Dong. **Mai Men Dong** calms the Heart.

***Gou Qi Zi** is emphasizes nourishing the Liver blood to calm the Liver.

***Chuan Lian Zi** breaks Liver Qi stagnation and sedates heat and reduces heat toxins.

***Shan Yao** astringes the Spleen to harmonize Spleen Qi and Yin. As a result, it assists the flow of Liver Qi upwards.

***Shan Zhu Yu** strengthens and nourishes Liver and Kidney Yin. It treats deficiency of the Liver and Kidney leading to a loss of confidence and decisiveness.

***Fu Ling** promotes urination and harmonizes the water balance in the body to strengthen the Spleen which thereby assists the flow of Liver Qi.

***Mu Dan Pi** cools the Liver blood and promotes blood flow. It cools the blood, does not cause blood stagnation, and its promoting blood circulation function does not cause hemorrhaging. It cools the Liver fire and flow of Liver blood to act as coolant of the Liver.

2. Gynecological Disorders

2.1 Menstruation disorders

❖ Indications:

PMS, irregular menstruation, spotting, amenorrhea or heavy menstrual flow, irritability, loose stool, fatigue, excess pain in the lower abdomen, purple or pale tongue, wiry pulse.

➤ Diagnosis:

Liver Qi stagnation with Kidney Jing and blood deficiency or Qi and blood stagnation.

▪ Formula:

Xiao Yao San modified with Wen Jing Tang, Shao Fu Zhu Yu Tang and Gu Jing Tang.

● With PMS:

A. Indications:

Irritability, emotion, tension on the breast, pain in the groin and lower abdomen, loose stool, constipation, headache, insomnia, purple tongue and wiry pulse.

B. Diagnosis:

Qi and blood stagnation, Spleen Qi or Heart or Liver Yin deficiency

C. Formula:

Xiao Yao San Modify with Tian Ma Gou Teng Wan and Shao Fu Zhu Yu Tang.

Fu Xiao Mai
Suan Zao Ren
Yuan Zhi

Semen Tritici Aestivi Levis
Semen Zizyphi Spinosae
Radix Polygalae Tenuifoliae

Long Gu	Os Draconis
Mu Li	Concha Ostrae
Tian Ma	Rhizoma Gastrodiae Elatae
Gou Teng	Ramulus cum Uncis Uncariae
Pei Lan	Herba Eupatorii Fortunei
Huo Xiang	Herba Agastaches Seu Pogostemi
Gao Ben	Rhizoma Et Radix Ligustici
Yan Hu Suo	Rhizome Corydalis Yanhusuo
Xiang Fu	Rhizome Cyperi Rotunda
Yu Jin	Tuber Curcumae
Yi Mu Cao	Herba Leonuri Heterophylli
Wang Bu Liu Xin	Semen Vaccariae Segetalis
Lu Lu Tong	Liquidambar Taiwaniana Hance
Xiao Huai Xiang	Fructus Foeniculi Vulgaris
Wu Zhu Yu	Fructus Evodiae Rutacarpae
Chuan Lian Zi	Fructus Meliae Toosendan

***Fu Xiao Mai**, **Suan Zao Ren** and **Yuan Zhi** calm the heart to stop pain and eliminate irritability and insomnia. **Fu Xiao Mai**'s emphasis is to smooth irritability and stop sweating. **Suan Zao Ren**'s emphasis is to nourish Liver blood and Yin to calm the Liver and Heart. **Yuan Zhi**'s emphasis is to clear phlegm and open the heart orifice to clear the mind and stagnation.

***Long Gu** and **Mu Li** settle Liver and Heart Yang to eliminate irritability and insomnia. **Long Gu**'s emphasis is to settle the Heart Yang to eliminate excess Heart fire and astringe the Kindney. **Mu Li**'s emphasis is to settle the Liver Yang to eliminate Liver Yang irritability and to dissolve phlegm stagnation.

***Tian Ma** and **Gou Teng** quell internal Liver wind to eliminate tremors, spasms and wind type irritability (which causes incessant thought processes). **Tian Ma** is stronger than the **Gou Teng**. **Gou Teng** works on a lighter level and mildly stops external wind. These herbs work synergistically to quell Liver wind. **Gou Teng** works on the surface level and **Tian Ma** on a deeper level.

***Pei Lan** and **Huo Xiang** are acrid and aromatically dry dampness. They stimulate the Spleen to stop diarrhea and eliminate a foggy head. **Pei Lan** is lighter weight and stronger to wake up the Spleen, eliminate a foggy head and clear a metal taste in the mouth. **Huo Xiang**'s smell is stronger and therefore dries the dampness more deeply thereby treating dense dampness in the Middle Jiao.

***Gao Ben**, **Yan Hu Suo**, **Xiang Fu** and **Yu Jin** stop pain. **Gao Ben** expels wind-damp-Bi-pain, stops pain, eliminates inflammation in the uterus region, and stops headaches. **Yan Hu Suo** regulates Qi and blood to stop pain in the uterus region. **Xiang Fu** regulates menstruation, Qi and blood; and stops pain. **Yu Jin** cools and opens the orifice and promotes blood circulation to eliminate pain and irritability.

***Yin Ma Cao** promotes blood circulation and urination. It stops pain, drains edema, eliminates blood clots and drains edema of breast.

***Wang Bu Liu Xin** and **Lu Lu Tong** break Qi and blood stagnation to stop pain and inflammation. **Wang Bu Liu Xin** is stronger than **Lu Lu Tong**. Synergistically combined, **Wang Bu Liu Xin** works on a deeper level and **Lu Lu Tong** in a lighter level.

***Xiao Hui Xiang** and **Wu Zhu Yu** warm and regulate the Liver and Kidney organ and channels to eliminate cold and stop pain. **Xiao Hui Xiang** warms on a lighter level for regular dampness or inflammation with mild or moderate pain and swelling of uterus or breast. **Wu Zhu Yu** warms on a deeper level and stops wind phlegm dizziness and nausea.

***Chuan Lian Zi** is cold and breaks Qi stagnation to treat Qi and heat stagnation with pain.

● **With Painful menstruation:**

A. Indications:

Pain in the lower abdomen, headaches, muscle aches, irritability, blood clots, slightly purple tongue, wiry pulse.

B. Diagnosis:

Qi and blood stagnation.

C. Formula:

Xiao Yao San modified with Xiao Fu Zhu Yu Tang.

Yu Hu Suo	Rhizome Corydalis Yanhusuo	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-9g
Chuan Lian Zi	Fructus Meliae Toosendan	3-6g
Xiao Hui Xiang	Rhizome Cyperi Rotunda	3-30g
Yi Mu Cao	Herba Leonuri Heterophylli	3-30g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
San Qi	Radix Notoginseng	3-12g

Pu Huang	Pollen Typhae	3-12g
Yin Jin	Tuber Curcumae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-6g
Suan Zao Ren	Semen Zizyphi Spinosae	3-15g

***Yu Hu Suo** and **Xiang Fu** promote blood circulation and stop pain. **Yu Huo Suo** regulates Qi and blood and stops pain. **Xiang Fu** regulates and promotes menstruation to stop pain; it may ease a heavier flow of blood.

***Xiao Hui Xiang** and **Wu Zhu Yu** warm the Liver and Kidney organs and channels to eliminate cold and pain. **Xiao Hui Xiang** warms and stops pain on a milder level than **Wu Zhu Yu** which eliminates cold and pain on the moderate level. **Wu Zhu Yu** warms on a deeper level and stops nausea and wind phlegm headache or vertigo.

***Chuan Lian Zi** is bitter and cold, sedates heat, regulates Qi, and stops pain for painful menstruation with heat signs.

***Wang Bu Liu Xin** and **Lu Lu Tong** break stagnation to eliminate inflammation and blood stagnation thereby stopping pain. **Wang Bu Liu Xin** is stronger than **Lu Lu Tong**, goes to a deeper level and maintains an effect in the blood level for a longer duration. **Lu Lu Tong** moves faster (fast acting) and on a more surface level than **Wang Bu Liu Xin**.

***San Qi** and **Pu Huang** promote blood circulation, stop bleeding and stop pain; their stop bleeding function is stronger than the promote blood circulation function. It is useful during menstruation with pain and an excessively heavy flow of blood. **San Qi** is stronger to stop pain and inflammation. **Pu Huang** is stronger to stop bleeding.

***Yu Jin** cools the heat, regulates Liver Qi and opens the orifice to eliminate irritability and pain.

***Dan Shen** calms the mind, cools blood and promotes blood circulation to cool heat in the uterus and to eliminate blood clot related pain.

***Chuan Xiong** is acrid, warm, promotes the Qi of blood circulation (benefits the Qi of the blood) to warm and stop blood stagnation pain in the uterus.

***Suan Zao Ren** calms the Liver and Heart, calms the mind, and stops pain.

• **With Amenorrhea:**

A. Indications:

Late menstruation or amenorrhea, pale or purple tongue, wiry or weak pulse.

B. Diagnosis:

Blood stagnation or blood, Yin or Qi deficiency.

Xiao Yao San modified with Xiao Fu Zhu Yu Tang.

Yi Mu Cao	Herba Leonuri Heterophylli	3-30g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-6g
Tao Ren	Semen Persicae	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Xu Duan	Radix Dipsaci Asperi	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Bai Ji Tian	Radix Morindae Officinalis	3-12g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe	3-60g
Huang Jing	Rhizoma Polygonati	3-60g
He Shou Wu	Radix Polygoni Multiflori	3-12g
Gou Qi Zi	Fructus Lycii	3-15g

***Yi Mu Cao** promotes blood circulation and urination to increase blood flow in the uterus region and to eliminate phlegm stagnation.

***Wang Bu Liu Xin** and **Lu Lu Tong** break the blood, Qi and phlegm stagnation to promote menstruation. **Wang Bu Liu Xin** is stronger (due the fact that it is physically denser) and therefore has a stronger function to promote Qi and blood flow. **Lu Lu Tong** has a faster action and shorter effective duration than Wang Bu Liu Xin.

***San Leng** and **E Zhu** promote blood circulation, break congealed blood and reduce masses to promote menstruation. **San Leng** moves the Qi of the blood and has a faster action than E Zhu. **E Zhu** has a longer lasting effect in the blood level.

***Xiang Fu** regulates Qi and blood, promotes menstruation and stops pain.

***Chuan Xiong**, **Tao Ren** and **Hong Hua** promote blood circulation to promote menstruation. **Chuan Xiong** moves the Qi of the blood on the surface level more than Tao Ren and Hong Hua. **Hong Hua** and **Tao Ren** break congealed blood to promote menstruation. **Hong Hua** more strongly breaks congealed blood than Tao Ren. **Tao Ren** has a moistening quality and maintains effectiveness in the blood longer.

***Xu Duan**, **Yin Yang Huo**, **Tu Si Zi** and **Bai Ji Tian** strengthen Kidney Yang to promote menstruation. **Xu Duan** promotes blood circulation. **Yin Yang Huo** and **Bai Ji Tian** have a strong moving function to activate Kidney Yang. **Yin Yang Huo** has a stronger moving function than Bai Ji Tian. **Bai Ji Tian** has an effectiveness that is maintained in the blood for a longer duration.

***Shu Di Huang**, **Huang Jing**, **He Shou Wu** and **Gou Qi Zi** nourish blood. **Shu Di Huang** is strongest to nourish the blood and Jing. **Huang Jing** nourishes blood and Spleen Qi and is more easily digested than the Shu Di Huang. **He Shou Wu** nourishes the blood and hair and does not create damp stagnation in the Middle Jiao. **Gou Qi Zi** nourishes Liver blood, benefits the eyes and is easily digested.

• **With abnormal uterine bleeding:**

A. Indications:

Spotting for an extended period of time before or after menstruation, excessive bleeding during menstruation, purple or pale or red and dry tongue, wiry or wiry and empty pulse.

B. Diagnosis:

Spleen Qi deficiency, Kidney Yin deficiency, Liver blood deficiency or Qi and blood stagnation.

C. Formula:

Xiao Yao San modified with Gui Pi Tang and Jiao Ai Si Wu Tang.

Huang Qin	Radix Scutellariae Baicalensis	3-12g
Di Yu	Radix Sanguisorbae Officinalis	3-30g
Xian He Cao	Herba Agrimony Pilosae	3-30g
Zhi Zhu Cao	Folium Callicarpae	3-30g

E Jiao	Gelatinum Corii Asini	3-12g
Huang Qi	Radix Astragali Membranaceus	3-30g
Ren Shen	Radix Ginseng	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Yi Mu Cao	Herba Leonuri Heterophylli	3-30g

***Huang Qin** clears Lower Jiao, Liver and GB damp-heat to stop uterine bleeding.

***Di Yu** stops excessive uterine bleeding due to heat.

***Xian He Cao** and **Zi Zhu Cao** are astringent and stop bleeding. **Xian He Cao** can strengthen the Qi. **Zi Zhu Cao** penetrates more deeply and stays in the blood level longer than Xian He Cao.

***E Jiao** nourishes blood and stops bleeding.

***Huang Qi** and **Ren Shen** or **Dang Shen** strengthen Spleen Qi to stop bleeding. **Huang Qi**'s emphasis is to raise the Qi upwards. **Ren Shen** or **Dang Shen**'s emphasis is to strengthen the Middle Jiao. **Ren Shen** is stronger than Dang Shen; it used for acute syndromes. **Dang Shen** is used for chronic or milder conditions.

***Yi Mu Cao** promotes blood circulation and urination. It is used for blood stagnation causing excessive bleeding.

2.2 Leukorrhea

A. Indications:

White or yellow discharge from the vagina, fatigue, loose stool, teethmarks and pale tongue with white or yellow coating, wiry and slippery pulse.

B. Diagnosis:

Spleen Qi deficiency with dampness or damp-heat.

Xiao Yao San modified with Wen Jing Tang and Wan Dai Tang.

Dang Shen	Radix Codonopsis Pilosulae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-30g
Shan Yao	Radix Dioscoreae Oppositae	3-60g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-30g
Chun Gen Pi	Cortex Ailanthi Atissimae	3-12g
Wu Yao	Radix Linderae Strychnifoliae	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Che Qian Zi	Semen Plantaginis	3-15g
Zhu Ru	Caulis Bambusae in Taeniis	3-15g
Huang Qin	Radix Scutellariae Baicalensis	3-15g
Huang Bai	Cortex Phellodendri	3-12g
Long Dan Cao	Radix Gentianae Longdancao	3-9g
Ku Shen	Radix Sophorae flavescens	3-12g
Tu Fu Ling	Rhizome Smilacis Glanbrae	3-60g
Chuan Gen Pi	Cortex Ailanthi	3-12g

***Dang Shen** and **Huang Qi** strengthen Spleen Qi to harmonize the water thereby controlling dampness. **Dang Shen**'s emphasis is to strengthen Middle Jiao Qi to dry dampness. **Huang Qi**'s emphasis is to raise the Spleen Qi upwards to stop 'leaking' (vaginal discharge).

***Shan Yao** astringes the Spleen Qi to stop leucorrhea. Bai Zhu and Shan Yao are commonly paired to stop chronic Spleen Qi deficiency leucorrhea. Bai Zhu dries dampness in the Middle Jiao and Shan Yao has an astringent quality in benefitting Spleen Qi.

***Xiao Hui Xiang**, **Wu Yao** and **Wu Zhu Yu** warm the Liver and Kidney and dry dampness. **Xiao Hui Xiang** is acrid, warm and dries dampness on the lighter level. Xiao Hui Xiang is safer and can be use for longer period time than Wu Zhu Yu. **Wu Zhu**

Yu is stronger and use as needed. **Wu Yao** astringes Kidney function to stop leucorrhea.

***Gan Jiang** warms, dries the Middle Jiao and benefits Kidney Yang to dry dampness in the Lower Jiao.

***Zhu Ru, Huang Qin, Huang Bai** and **Long Dan Cao** dry damp-heat and clear heat toxins to clear damp-heat related genital discharge. **Zhu Ru's** emphasis is to clear leukorrhea from Liver and GB channels that is sticky due to turbid damp-heat. **Huang Qin** clears dampness in GB and uterus to stop leucorrhea. **Huang Bai** emphasizes clearing damp-heat in the Lower Jiao and it sedates Kidney excess or deficiency heat. **Long Dan Cao** is bitter and cold. It is often used to treat the Liver damp-heat related viral infections to clear yellow discharge.

***Ku Shen** and **Tu Fu Ling's** emphasis is to clear skin damp-heat toxins. **Ku Shen** is used for acute and severe damp-heat and used it as needed. **Tu Fu Ling** is used for milder and chronic conditions.

***Chun Gen Pi** clears damp-heat and stops leucorrhea.

2.3 Infertility

A. Indications:

Fatigue, stress, irritability, low libido, miscarriages, lower back pain, weak knees, hot at night, red, teethmarked or pale tongue, wiry and weak pulse.

B. Diagnosis:

Kidney Qi, Jing or Yin deficiency with Liver Qi stagnation.

3 Stages of Infertility Treatment for Females

Stage one is after menstruation; it is primarily to strengthen Liver blood and Kidney Jing and secondarily to promote blood circulation.

The second stage is before ovulation, primarily to promote blood circulation and strengthen Kidney Yang.

The third stage is after ovulation, primarily to strengthen Kidney Yang and Qi and Liver blood.

Formula Modification Strategy: All the three stages use modified Xiao Yao San to smooth the Qi. Use the herbal recommendations below to modify the base formula to match the individual patient's needs.

- **Stage One (after menstruation): Strengthen Kidney Jing, strengthen Liver blood and promote blood circulation:**

Tu Su Zi	Semen Cuscutae Chinensis	3-60g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe	3-60g
Huang Jing	Rhizoma Polygonati	3-60g
Bai Shao	Radix Peoniae Lactiflorae	3-12g

Nu Zhen Zi	Fructus Ligustri Lucidi	3-12g
Han Lian Cao	Herba Ecliptae Prostratae	3-12g
Gou Qi Zi	Fructus Lycii	3-12g
He Shou Wu	Radix Polygoni Multiflori	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g

***Tu Su Zi** strengthens Kidney Yang and nourishes Kidney Yin and Jing.

***Shu Di Huang** and **Huang Jing** nourish Liver blood and Kidney Jing. **Shu Di Huang** is stronger for nourishing the blood and Jing. **Huang Jing** mildly strengthens the Spleen Qi.

***Bao Shao** nourishes blood, harmonizes Ying and Wei, and stabilizes the Yang to regulate Qi and Jing and balance hormones.

***Nu Zhen Zi** and **Han Lian Cao** nourish Yin and cool the empty heat (Yin deficiency heat). **Nu Zhen Zi** is more dense as a substance and therefore nourishes Jing and cool the deficiency heat. **Han Lian Cao** is lighter weight and therefore moves faster and on a lighter level than Nu Zhen Zi.

***Gou Qi Zi** and **He Shou Wu** nourish the blood. **Gou Qi Zi**'s emphasis is to benefit Liver blood. **He Shou Wu** emphasis is to benefit Kidney Jing.

***Chuan Xiong** and **Dan Shen** promote blood circulation to regulate the ovaries and the uterus. **Chuan Xiong** is acrid and warm and emphasizes regulating the Qi of blood. **Dan Shen** cools the heat, calm the mind, and emphasizes promoting blood circulation to the small blood vessels.

● **Stage Two (before ovulation): emphasizes promoting blood circulation and strengthening Kidney Yang.**

Tu Si Zi	Semen Cuscutae Chinensis	3-60g
Yin Yang Huo	Herba Epimedii	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Radix Ligustici Chuanxiong	3-9g
Tao Ren	Semen Persicae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Yi Mu Cao	Herba Leonuri Heterophylli	3-60g
Ze Lan	Herba Lycopi Lucidi	3-12g

Wang Bu Liu Xin	Semen Vaccariae Segetalis.	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g

***Tu Si Zi**, **Yin Yang Huo** and **Xu Duan** strengthen Kidney Yang. **Tu Si Zi** is neutral in temperature; it can nourish Kidney Jing and strengthen Kidney Yang. **Yin Yang Huo** pushes the Kidney Yang flow to promote the egg movement. **Xu Duan** promotes blood circulation to promote egg and hormone flow.

***Hong Hua** and **Tao Ren** promote blood circulation and break up congeal blood. **Hong Hua** is stronger and the faster acting than **Tao Ren**. **Tao Ren** can be maintained in the blood longer (longer duration of medicinal effects) and moistens the dryness thereby treating constipation.

***Dan Shen** cools the heat, calms the mind, and it has a special function of promoting blood circulation into the small blood vessels.

***Yi Mu Cao** and **Ze Lan** promote blood circulation and urination. They promoting the blood circulation and reduce edema in the ovary and uterus. **Yi Mu Cao** is milder than **Ze Lan**.

***Wang Bu Liu Xin** and **Lu Lu Tong** break Qi and blood circulation to break through ovarian and fallopian tube stagnation. **Wang Bu Liu Xin** is stronger than **Lu Lu Tong**. **Lu Lu Tong** flows on a lighter level than **Wang Bu Liu Xin**. As paired herbs, one functions on a deeper level and one on a lighter level to completely remove stagnation.

***Zhi Ke** breaks Qi stagnation and descends downwards to break Qi and phlegm stagnation in the ovary and uterus.

● **Stage Three (after ovulation): Strengthen Kidney Yang and Liver blood.**

Tu Si Zi	Semen Cuscutae Chinensis	3-60g
Xu Duan	Radix Dipsaci Asperi	3-12g
Yin Yang Huo	Herba Epimedii	3-12g
Fu Pen Zi	Fructus Rubi Chingii	3-12g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Huang Qi	Radix Astragali Membranaceus	3-30g
Ren Shen	Radix Ginseng	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquatae	3-60g
He Shou Wu	Radix Polygoni Multiflori	3-12g

Huang Jing

Radix Polygoni Multiflori

3-60g

***Tu Si Zi**, **Xu Duan** and **Yin Yang Huo** strengthen Kidney Yang. **Tu Si Zi** is neutral in temperature; it strengthens Kidney Yang and Jing. **Xu Duan** promotes blood circulation. **Yin Yang Huo** has a strong moving function to push the Yang Qi.

***Fu Pen Zi** and **Shan Zhu Yu (Shan Yu Rou)** astringe Kidney Qi and Jing to stabilize the sperm and egg connection. **Fu Pen Zi** emphasizes warming and astringing Kidney Qi. **Shan Zhu Yu** strengthens Kidney Yang and Yin.

***Huang Qi**, **Ren Shen** and **Dang Shen** strengthen Spleen Qi to stable the zygote. **Huang Qi**'s emphasis is to raise the Spleen Qi upwards. **Ren Shen** and **Dang Shen** are strengthen Middle Jiao Qi. **Ren Shen** is stronger than Dang Shen. **Ren Shen** is used for acute and severe cases. **Dang Shen** is used for chronic and milder cases.

***Shu Di Huang**, **He Shou Wu** and **Huang Jing** nourish blood. **Shu Di Huang** is the strongest. **Huang Jing** is the second strongest and has mild strengthening Qi function. **He Shou Wu** is easily digested and emphasizes benefitting Kidney Jing.

2.4 Ovarian Cysts

❖ Indications:

A cyst or multiple cysts in one or both ovaries, pain in the lower abdomen or groin region, pain is more severe before or during ovulation, less pain after menstruation, weight gain, excess hair growth, slightly purple tongue with moist coating, wiry and slippery pulse.

➤ Diagnosis:

Qi, blood and phlegm stagnation in the ovary.

▪ Formula:

Xiao Yao San modified with Gui Zhi Fu Ling Wan and Xiao Fu Zhu Yu Tang.

Xiao Yao San smooths Liver Qi. Gui Zhi Fu Ling Wan and Xiao Fu Zhu Yu Tang expel Qi, Blood and phlegm stagnation.

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Fu Ling	Sclerotium Poriae cocoa	3-30g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Tao Ren	Semen Persicae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Chi Shao	Radix Ligustici Chuanxiong	3-12g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-12g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
Sang Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Yu Jin	Tuber Curcumae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
(Zao) Jiao Ci	Gleditsiae Spina	3-9g

***Gui Zhi** is acrid and warm to smooth the Yang Qi, dry dampness and harmonize Ying and Wei. Fu Ling's nature is to drain and balance water in the body. As a paired herb with Gui Zhi, they function synergistically to balance water, Yang, and Qi flow in and out of the ovaries.

***Mu Dan Pi** cools blood and promotes blood circulation to cool heat, calm and promote circulation of the ovaries.

***Tao Ren** promotes blood circulation and breaks Lower Jiao (Lower Burner) congealed blood.

***Xiang Fu** promotes blood circulation and menstruation to regulate blood circulation of the ovaries.

***Chuan Xiong** and **Chi Shao** promote blood circulation. **Chuan Xiong** promotes Qi flow in the blood. **Chi Shao** cools the heat to reduce Qi and blood stagnation with heat signs.

***Xiao Hui Xiang** warms and dries dampness in the Liver and Kidney channels.

***Wang Bu Liu Xin** and **Lu Lu Tong** break Qi, phlegm and blood stagnation to eliminate ovarian cysts. **Wang Bu Liu Xin** is more dense than Lu Lu Tong. **Lu Lu Tong's** moving function is stronger than Wang Bu Liu Xin's. As paired herbs, Wang Bu Liu Xin is into the deeper level and Lu Lu Tong is at a lighter level.

***San Leng** and **E Zhu** break congealed masses and promote blood circulation. **San Leng** moves the Qi of the blood to break masses and moves faster and into a lighter level than E Zhu. **E Zhu** is stable (effects lasts longer) and breaks masses. As pair herbs, Sang Leng is on a lighter level and has a faster effective action. E Zhu is on a deeper level and maintains its effects in the blood level longer.

***Yu Jin** promotes blood circulation, opens orifices, and cools the heat and irritability to break ovarian cysts and calm the Liver.

***Bai Jie Zi** and (**Zao**) **Jiao Ci** dissolve phlegm to eliminate cysts. **Bai Jie Zi** is acrid and warm and has a strong moving function to dry dampness in the ovarian cyst. **Jiao Ci** has a strong penetrating quality through toxic phlegm nodules.

2.5 Fibroadenoma

Note: A fibroadenoma of the breast is an encapsulated benign tumor.

❖ Indications:

Tumor in the breast, more pain and tension with stress and before menstruation, red or dark tongue, wiry and slippery pulse.

➤ Diagnosis:

Qi, phlegm and blood stagnation in the breast.

▪ Formula:

Xiao Yao San modified with Ju He Wan and Xiao Lou Wan.

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Tao Ren	Semen Persicae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Wang Bu Liu Xin	Semen Vaccariae Segetalis.	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
Sang Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Yu Jin	Tuber Curcumae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
(Zao) Jiao Ci	Gleditsiae Spina	3-9g
Ju He	Semen Citri Reticulatae	3-12g
Li Zhi He	Semen Citri Reticulatae	3-12g
Chuan Lian Zi	Semen Citri Reticulatae	3-9g
Huo Po	Semen Citri Reticulatae	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Xuan Shen	Radix Scrophulariae Ningpoensis	3-15g
Hai Dai	Laminariae Thallus	3-12g
Kun Bu	Thallus Algae	3-12g
Hai Zao	Herbs Sargassii	3-12g
Jiang Can	'Dead Sick Silkworm'	3-12g
Lu Jiao	Cornu Cervi	3-15g
Xiao Huai Xiang	Fructus Foeniculi Vulgaris	3-15g

***Gui Zhi** warms the channels and harmonizes the Ying and Wei to help dissolve the stagnation of the tumor.

***Mu Dan Pi** promotes blood circulation and cools the blood to help dissolve the tumor.

***Tao Ren** promotes blood circulation and moistens the dryness to break up congealed blood in the tumor.

***Xiang Fu** promotes blood circulation and menstruation to regulate Qi, blood and hormones.

***Wang Bu Liu Xin** and **Lu Lu Tong** are have a strong moving function to break blood and phlegm stagnation masses. **Wang Bu Liu Xin** is stronger and maintains its effects in the blood level longer. **Lu Lu Tong** exerts its effects faster (moving function) and flows on a lighter level. As pair herbs, they flow on the surface and the interior.

***San Leng** and **E Zhu** break up congealed blood masses. **San Leng** has faster effects and breaks the Qi of the blood level. **E Zhu** is stable, breaks masses and maintains its effects in the blood longer.

***Yu Jin** promotes blood circulation, cools the liver, open orifices and eliminates irritability to smooth Liver Qi and reduce Qi and blood stagnation in the breast.

***Zhi Ke** and **Hou Po** break Qi and phlegm stagnation nodules. **Zhi Ke** is stronger to break Qi stagnation and open the chest. **Huo Po** breaks Qi and phlegm stagnation nodules.

***Bai Jie Zi**, (**Zao**) **Jiao Ci**, **Ju He** and **Li Zhi He** emphasize dissolving phlegm nodules. **Bai Jie Zi** has a function to warm and strongly penetrate & break through phlegm-tumors. **Zao Jiao Ci** clears heat toxins to eliminate phlegm and encourage toxins to the surface. **Ju He** and **Li Zhi He** dissolve phlegm nodules and regulate Qi. **Ju He** breaks Qi of phlegm nodules. **Li Zhi He** warms and breaks phlegm stagnation of phlegm nodules and maintains an effect for a longer duration in the blood.

***Chuan Lian Zi** breaks Qi stagnation and cools the heat. It is used for Qi stagnation tumors with heat signs.

***Zhe Bei Mu** and **Xuan Shen** dissolve phlegm nodules and cool the heat. **Zhe Bei Mu** has a stronger function to break the phlegm tumor and open the Lung. **Xuan Shen** cools the heat in blood, clears heat toxins and is used for phlegm tumors with heat signs.

***Hai Dai**, **Kun Bu** and **Hai Zao** dissolve phlegm nodules and mildly promote urination. The mildest one is **Kun Bu**; it goes to a lighter level. **Hai Dai** is in the middle level to

dissolve phlegm nodules. **Hai Zao** is the strongest of the three to dissolve phlegm nodules.

***Jian Can** expels wind phlegm and phlegm nodules to expel phlegm tumors with spasm and pain.

***Lu Jiao** warms and strengthens the Kidney Yang, dissolves nodules, and therefore is useful to dissolve fibrous tumors. The best time to take it is from mid-cycle to before menstruation.

***Xiao Hui Xiang** warms the Liver and Kidney to penetrate through the tumor.

2.6 Post-Partum Depression:

❖ Indications:

Irritability, emotionally up and down, suicidal, fatigue, fullness and pain in the hypochondriac and groin region, cold hands and feet, purple tongue, wiry and slippery pulse.

➤ Diagnosis:

Liver Qi stagnation, Kidney Jing and Yang deficiency.

▪ Formula:

Xiao Yao San modified with Gui Pi Wan and Liu Wei Di Huang Wan.

● With irritability from Qi stagnation and Heart deficiency (empty) heat:

Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Long Yang Rou	Arillus Euphoriae Longanae	3-12g
Yuan Zi	Radix Polygalae Tenufoliae	3-12g
He Huan Hua	Albiziae Flos	3-12g

***Yu Jin** cools and calms the Liver, promote sblood circulation, eliminates irritability and opens the orifices.

***Xiang Fu** regulates Qi, blood and menstruation to smooth emotions. Caution: if the patient has a continual heavy flow of menstrual bleeding, this herb may cause increase or lengthen bleeding.

***Huang Qin** clears heat and damp-heat in the GB and Liver to calm the Liver Yang and mind.

***Suan Zao Ren, Long Yang Rou, Yuan Zi** and **He Huan Hua** calm the mind to address moodiness. **Suan Zao Ren**'s emphasis is to nourishe the Heart Yin and Liver blood to calm the mind. **Suan Zao Ren** is commonly used for waking up early with the

inability to fall asleep again. **Long Yang Rou** is sweet. This taste reflects its function to strengthen Spleen and Heart Qi. It has a mild calming effect and is used for chronic and mild cases. **Yuan Zi** opens the orifices and eliminates phlegm to calm the Heart. It is used clear a confused mind due to dampness and treats irritability and insomnia. **He Huan Hua** is a light weight flower which flows on the surface and then penetrates interiorly. It calms insomnia and irritability due to the Heart and Kidney not communicating. Heart and Kidney not communicating can be a combination of excess fire thinking of the mind and deficiency of Kidney water, a hot and dry pattern that can also manifest in excess sexual dreams.

● **With Qi and Yang deficiency depression:**

Huang Qi	Radix Astragali Membranaceus	3-60g
Sheng Ma	Rhizoma Cimicifugae	3-6g
Ge Gen	Radix Puerariae	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Lu Jiao Jiao	Cornu Cervi Gelatinum	3-30g
Lu Rong	Cornu Cervi Parvum	3-9g
Yin Yang Huo	Herba Epimedii	3-12g
Bai Ji Tian	Radix Morindae Officinalis	3-12g
Gu Sui Bu	Rhizoma Drynariae	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g

***Huang Qi** raises and strengthens Spleen Qi up to wake the mind.

***Sheng Ma** and **Ge Gen** raise the Qi upwards. **Sheng Ma** is stronger than the **Ge Gen**. **Ge Gen** relaxes the muscles and stops diarrhea.

***Zhi Ke** regulates Qi and opens the chest and flow of Qi in the upper abdomen.

***Tu Si Zi**, **Shan Zhu Yu (Shan Yu Rou)**, **Lu Jiao Jiao**, **Lu Rong**, **Yin Yang Huo**, **Bai Ji Tian**, **Gu Sui Bu** and **Xu Duan** strengthen Kidney Yang to push the Yang upwards. **Tu Si Zi** strengthens the Kidney, Yang and Jing. **Shan Zhu Yu** has an astringent Kidney function to stop leaking of Kidney Jing, frequent urination and bleeding. **Lu Jiao Jiao** and **Lu Rong** strengthen Kidney Yang and Jing. **Lu Jiao Jiao** has a stronger penetrating function to break through the nodules and stagnation. **Lu Rong** is stronger to strengthen the Yang and Jing. **Yin Yang Huo** and **Bai Ji Tian** have a moving function to expel Wind and dampness to stop wind-damp-Bi-pain (wind-damp-joint-pain). **Yin Yang Huo** is faster acting than **Bai Ji Tian**. **Bai Ji Tian** can be maintains a longer

effective action than Yin Yang Huo. **Gu Sui Bu** and **Xu Duan** promote blood circulation. **Gu Sui Bu** strengthens bone marrow. **Xu Duan** promotes menstruation.

● **With blood deficiency:**

He Shou Wu	Radix Polygoni Multiflori	3-12g	
Gou Qi Zi	Fructus Lycii	3-12g	
Shu Di Huang	Radix Rehmanniae Glutinosae Conquिताe		3-60g
Huang Jing	Rhizoma Polygonati	3-60g	

***He Shou Wu**, **Gou Qi Zi**, **Shu Di Huang** and **Huang Jing** nourishes the blood. **He Shou Wu** and **Gou Qi Zi** nourishes the blood and easy on the Spleen and Stomach. **He Shou Wu** is often used for treat gray hair. **Gou Qi Zi**'s emphasize treats Liver blood deficiency. **Shu Di Huang** is strong to nourish the Liver blood and Kidney Jing. **Huang Jing** nourishes the blood and mild strengthens Spleen Qi and easier for the Spleen and Stomach than Shu Di Huang.

● **With Kidney deficiency (empty) heat:**

Mu Dan Pi	Cortex Moutan Radicis	3-12g	
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g	
Di Gu Pi	Cortex Lycii Radicis	3-12g	
Bai Wei	Radix Cynanchi Baiwei	3-12g	
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g	
Huang Bai	Cortex Phellodendri	3-12g	

***Mu Dan Pi**, **Zhi Zi**, **Di Gu Pi** and **Bai Wei** cools the Kidney deficiency (empty) heat. **Mu Dan Pi** promotes blood circulation. **Zhi Zi** eliminates irritability and guides the herbs to San Jiao (Triple Burner). **Di Gu Pi** eliminates steaming bone syndromes. **Bai Wei** has strong cool empty heat function and mildly promotes urination for treating urinary bladder irritations.

***Zhi Mu** and **Huang Bai** are often used as paired herbs to eliminate Kidney deficiency empty heat. **Zhi Mu** eliminates deficiency and Qi level heat and lubricates Yin. **Huang**

Bai sedates Kidney empty deficiency and excess heat and damp-heat. As a combination, they eliminate Kidney deficiency and excess heat and lubricate Kidney Yin.

● **With Qi stagnation and damp-heat:**

Chuan Lian Zi	Fructus Meliae Toosendan	3-9g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Qing Hao	Herba Artemisia Annuae	3-9g
Zhu Ru	Caulis Bambusae in Taeniis	3-12g
Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g

***Chuan Lian Zi** and **Huang Qin** cool Liver and GB heat. **Chuan Lian Zi** has strong function to break Qi stagnation. **Huang Qin** sedates GB and Upper Jiao (burner) damp-heat.

***Huang Qin** clears Liver and GB damp-heat and calms the Liver.

***Qing Hao** clears Liver and GB damp-heat and encourages Qi to the surface. It is used for turbid damp-heat in the GB causing a lack of mental clarity.

***Zhu Ru** clears damp-heat in the Liver and GB and eliminates irritability.

***Yin Chen Hao** clears GB and Middle Jiao (burner) damp-heat.

● **With excess post-partum bleeding**

E Jiao	Gelatinum Corii Asini	3-60g
Xian He Cao	Herba Agrimony Pilosae	3-30g
Ce Bei Ye	Cacumen Biotae Orientalis	3-12g

***E Jiao**, **Xian He Cao** and **Ce Bei Ye** stop bleeding for excess post-partum bleeding. **E Jiao** stops bleeding and nourishes blood. **Xian He Cao** astringes and stops bleeding. **Ce Bei Ye** cools the heat in the blood and stops bleeding.

2.7 Abnormal growth of the breast due to empty heat, Qi, phlegm and blood stagnation

Indications: Abnormal growth of the breast, one side is bigger than another; nodules in the breast, dark red tongue with white coating, wiry and slippery pulse.

For abnormal growth or one side bigger than other, a red tongue with wiry and small pulse is hormonally related and is Kidney Jing or Yin deficiency. The empty heat creates an unbalance of Yin and Yang.

For nodules in the breast, it may Qi and phlegm or blood stagnation.

- **With empty heat of Kidney Yin deficiency: uneven growth of the breasts.**

A. Diagnosis:

Kidney deficiency with empty heat encouraging an unbalancing of Kidney Jing which is reflected in a hormonal imbalance.

B. Formula:

Xiao Yao San modified with Zhi Bai Di Huang Wan and Qing Hao Bie Jia Tang.

Huang Bai	Cortex Phellodendri	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Tian Men Dong	Tuber Asparagi Cochinchinensis	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Bai Wei	Radix Cynanchi Baiwei	3-12g
Qing Hao	Herba Artemisia Annuae	3-9g
Bie Jia	Herba Artemisia Annuae	3-60g

***Huang Bai** and **Zhi Mu** sedate the deficiency empty heat. **Huang Bai** sedates the Kidney Yin deficiency empty heat is stronger than Zhi Mu. **Zhi Mu** can lubricate Kidney fluid and dryness.

***Mu Dan Pi** cools the heat and mildly promotes blood circulation.

***Zhi Zi** cools heat in the blood, damp-heat in the San Jiao and promotes blood circulation.

***Mai Men Dong** and **Tian Men Dong** lubricate Yin and cool the heat. **Mai Men Dong** calms the Heart. **Tian Men Dong** sedates Kidney empty fire.

***Sheng Di Huang** nourishes the Kidney Yin and Jing and cools heat in the blood to calm the Kidney.

***Di Gu Pi**, **Bai Wei**, **Qing Hao** and **Bie Jia** eliminate empty heat. **Di Gu Pi** is lighter weight, enters the surface and eliminates steaming bone syndrome. **Bai Wei's** emphasis is to sedate heat and mildly promotes urination. **Qing Hao** and **Bie Jia**, as pair herbs: Qing Hao encourages heat to the surface and Bie Jia eliminates the heat.

• **With Qi and phlegm stagnation nodules in the breast.**

A. Diagnosis:

Qi and phlegm stagnation.

B. Formula:

Xiao Yao San modified with Si Ni San and Xiao Luo Wan.

Zhi Ke	Fructus Citri Aurantii	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Yu Jin	Tuber Curcumae	3-12g
Chuan Lian Zi	Fructus Meliae Toosendan	3-9g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Jiang Can	Bombyx Batryticatus	3-12g
Ju He	Semen Citri Reticulatae	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g

***Zhi Ke** and **Qing Pi** break Qi stagnation to dissolve nodules. **Zhi Ke** is stronger to break Spleen Qi stagnation and moves Qi downwards. **Qing Pi** is stronger to break Liver Qi stagnation and stop pain.

***Yu Jin** cools and calms the heat in the Liver and blood, reduces irritability and opens the orifices and chest.

***Chuan Lian Zi** clears heat, heat toxins and breaks Qi stagnation in the breast.

***Zhe Bei Mu**, **Xuan Shen** and **Jian Can** dissolve phlegm nodules in the breast. **Zhe Bei Mu** clears hot phlegm nodules. **Xuan Shen** cools heat in the blood and clears heat toxins. **Jian Can** stops internal wind spasm.

***Ju He** and **Bai Jie Zi** regulate Qi and dissolve phlegm nodules. **Ju He** is stronger to regulate Qi. **Bai Jie Zi** is stronger to warm and dries the phlegm nodules.

• **With blood stagnation nodules in the breast:**

A. Diagnosis:

Qi and blood stagnation.

B. Formula:

Xiao Yao San modified with Xue Fu Zhu Yu Tang.

Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Yan Hu Suo	Rhizome Corydalis Yanhusuo	3-12g
San Qi	Radix Notoginseng	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Yi Mu Cao	Herba Leonuri Heterophylli	3-12g
Ze Lan	Herba Lycopi Lucidi	3-12g

***Dan Shen** and **Chi Shao** cool the blood to calm the breast. **Dan Shen** is special for promoting blood circulation in the small blood vessels and it also calms the Heart fire. **Chi Shao** is more effective for cooling heat in the blood.

***Xiang Fu** promotes Qi and blood circulation and stops pain in the breast.

***Mu Dan Pi** cools the blood and mildly promotes blood circulation to calm the breast.

***Yan Hu Suo** promotes blood circulation, stops pain and relaxes the breast.

***San Qi** promotes blood circulation and also stops bleeding and pain to benefit the breast.

***Hong Hua** and **Tao Ren** break congealed blood in the breast. **Hong Hua** is stronger to break congealed blood than **Tao Ren**. **Tao Ren** has a slower moving function and maintains its effects in the blood longer and also moistens the dryness.

***San Leng** and **E Zhu** break Qi and blood stagnation masses. **San Leng** moves Qi of blood and has a faster effective action. **E Zhu** goes into a deeper level of blood maintains its effects longer.

***Yi Mu Cao** and **Zei Lan** promote blood circulation and urination to increase blood circulation and eliminate edema in the breast. **Yi Mu Cao** is milder. **Zei Lan** is stronger and is more often used for treating injuries.

3. Hepatitis

❖ Indications:

Hepatitis A, B, or C; fatigue, jaundice, pain in the Liver and stomach region, fullness in the hypochondriac region, irritability, bitter taste in the mouth, purple tongue with yellow or white coating, wiry and weak pulse.

➤ Diagnosis:

Liver Qi stagnation, damp-heat and Spleen Qi deficiency.

▪ Formula:

Xiao Yao San modified with Yin Chen Hao Tang, Ge Xiao Zhu Yu Tang and Qing Hao Bie Jia Tang.

● With damp-heat jaundice:

Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Hu Zhang	Radix Et Rhizoma Polygoni Cuspidati	3-12g
Da Huang	Radix Et Rhizoma Rhei	3-9g
Mai Ya	Fructus Hordei Vulgaris	3-15g
Shan Zha	Fructus Crategi	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g

***Yin Chen Hao** clears Liver and GB damp-heat and very effectively eliminates jaundice.

***Zhi Zi** and **Huang Qin** clear damp-heat in the GB and Liver. **Zhi Zi** is milder and clears San Jiao (Triple Burner) damp-heat and eliminates irritability. **Huang Qin** is very stable and clears damp-heat in the GB and Upper Jiao.

***Hu Zhang** clears damp-heat in Liver and GB and promotes blood circulation.

***Da Huang** has a bowel purging function, it used for acute damp-heat and constipation.

***Mai Ya** and **Shan Zha** reduce food stagnation. **Mai Ya** smoothers Liver Qi. **Shan Zha** promotes blood circulation and especially treats meat stagnation.

***Mu Dan Pi**, **Chi Shao** and **Dan Shen** cool heat in the blood. **Mu Dan Pi** is the strongest one in this group to cool bloodheat and mildest to promote blood circulation. **Chi Shao** promotes blood circulation and its cooling the blood function is stronger than Dan Shen's. **Dan Shen** strongly to promotes small blood vessel circulation and calms the mind.

● With deficiency jaundice:

Yin Chen Hao	Herba Artemisiae Yinchenhao	3-30g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-12g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g

***Yin Chen Hao** eliminates damp-heat jaundice.

***Wu Zhu Yu** and **Xiao Hui Xiang** warm and regulate the Liver and Kidney. **Wu Zhu Yu** is more density the warm and dry than the Xiao Hui Xiang. **Xiao Hui Xiang** is moving faster and more tens to be on the surface.

***Gan Jiang** warms the Spleen, Kidney and Liver to reduce cold sensation and Yang deficiency.

● With enlarged Liver organ due to Qi and blood stagnation:

Chi Shao	Radix Paeoniae Rubrae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g

E Zhu	Rhizoma Circuma Ezhu	3-12g
Ba Yue Za	Akebia Quinata Dence	3-12g
Liu Ji Nu	Artemisiae Anomalae Herba	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
Bie Jia	Carapax Amydae Sinensis	3-60g
Ze Xie	Rhizome Alismatis Orientalitis	3-12g
Zhu Ling	Sclerotium Polypori Unbellati	3-30g
Mu Tong	Caulis Mutong	3-9g
Che Qian Zi	Semen Plantaginis	3-12g

***Chi Shao** and **Dan Shen** promote blood circulation to reduce enlargement of the Liver and Spleen. **Chi Shao** is stronger to cool the blood and its moving function is stronger (faster acting). **Dan Shen** is more stable (longer duration of effective action) to promote blood circulation into the small blood vessels.

***San Leng** and **E Zhu** break congealed blood masses to reduce an enlarged of Liver and Spleen. **San Leng** moves the Qi component of the blood and its moving function is stronger than E Zhu. **E Zhu** is more stable and moves the blood component of the blood.

***Ba Yue Za** and **Liu Ji Nu** promote blood circulation and break congealed phlegm nodules of an enlarged Liver and/or Spleen. **Ba Yue Za** regulates Liver Qi and is more dense Liu Ji Nu. **Liu Ji Nu** has a faster effective action and enters a lighter level.

***Hong Hua** and **Tao Ren** break congealed blood and bruises to reduce an enlarged Liver and/or Spleen. **Hong Hua** is stronger than Tao Ren. **Tao Ren** is heavier weight, stays longer in the bloodstream and moistens the intestine.

***Liu Ji Nu** promotes blood circulation and breaks blood and phlegm stagnation.

***Bie Jia** cools the heat, promotes blood circulation and eliminates enlargement of the Liver and Spleen.

***Ze Xie**, **Zhu Ling**, **Mu Tong** and **Che Qian Zi** promote urination to reduce edema of an enlarged Liver and Spleen. **Ze Xie** sedates Kidney fire. **Zhu Ling** as a paired herb with Fu Ling (in Xiao Yao San) is stronger than Fu Ling and clears heat. **Mu Tong** has a strong function to promote urination and mildly promotes blood circulation. Caution: be careful with the dosage and use it as needed. Mu Tong is now banned in some countries (see federal regulations for details for your country). **Che Qian Zi** clears Liver and GB damp-heat.

● **With Liver and Kidney Yin deficiency (empty) heat**

Wu Wei Zi	Fructus Schizandrae Chinensis	3-12g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Yin Chai Hu	Stellariae Dichotomae Herba	3-12g
Bai Wei	Radix Cynanchi Baiwei	3-12g
Huang Bai	Cortex Phellodendri	3-9g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Qing Hao	Herba Artemisia Annuae	3-9g
Bie Jia	Carapax Amydae Sinensis	3-60g

***Wei Wei Zi** moistens the Yin, calms the Liver and Heart and lowers ALT levels.

***Di Gu Pi**, **Mu Dan Pi**, **Yin Chai Hu** and **Bai Wei** cools the empty heat. **Di Gu Pi** cools steaming bone syndrome. **Mu Dan Pi** promotes blood circulation to eliminate enlargement of the Liver. **Yin Chai Hu** treats steaming bone syndrome and goes into a deeper level than Di Gu Pi. **Bai Wei** cools acute or chronic empty heat and mildly promote urination.

***Huang Bai** and **Zhi Mu** are often paired herbs to cool empty (deficiency) heat. **Huang Bai** is stronger to sedate the heat and **Zhi Mu** is stronger to moisten the dryness.

***Qing Hao** and **Bie Jia** are paired herbs; together, they cool the empty heat and penetrate both to the interior and exterior. **Qing Hao** can encourage the hidden heat to the surface to release. **Bie Jia** is said to “swim as a water turtle to catch the empty heat” and reduce an enlarged Liver.

● **With abnormally high ALT levels**

Wu Wei Zi	Fructus Schizandrae Chinensis	3-12g
Ji Gu Cao	Herba Abri	3-12g
Liu Ji Nu	Artemisiae Anomalae Herba	3-12g
Ren Shen	Radix Ginseng	3-12g
Chai Hu	Radix Bupleuri	3-9g
Bai Shao	Radix Peoniae Lactiflorae	3-12g
Yun Zhi	Mycelium Yun Zhi	3-12g
Milk Thistle	Silymatin	3-12g
Xi Huang Cao	Rabdosia Lophanthoides Hara	3-15g

***Wu Wei Zi** has a sour taste and astringes the Liver and Kidney. It has been used for over 30 years to lower the abnormal ALT, but *not* for use as an anti-hepatitis virus herb.

***Ji Gu Cao** clears heat toxins, is anti-hepatitis virus, and lowers the abnormal ALT levels.

***Liu Ji Nu** promotes blood circulation and lowers the abnormal ALT levels.

***Ren Shen** strengthens the Spleen; it can lower abnormal ALT levels in the appropriate presentation.

***Chai Hu** and **Bai Shao** smooth the Liver Qi and lower ALT. **Chai Hu** is acrid and has a moving quality to smooth Liver Qi. **Bai Shao** is stable and astringent to calm the Liver.

***Yun Zhi** has been used in China as an anti-breast cancer herb and has a mild function to lower abnormal ALT levels.

***Milk Thistle** is a local herb to the USA; it has been effectively used to treat abnormal ALT levels.

***Xi Huang Cao** clears damp-heat toxins and promotes blood circulation; it is used to treat abnormal ALT levels, as an anti-hepatitis virus herb and treats enlargement of the Liver.

● Anti-hepatitis virus

Ji Gu Cao	Herba Abri	3-30g
Tian Ji Huang	Herba Hyperici Japonici	3-30g
Xi Huang Cao	Rabdosia Lophanthoides Hara	3-30g
Hu Zhang	Radix Et Rhizoma Polygoni Cuspidate	3-12g
Bai Hua She She Cao	Herba Hedyotoides Diffuse	3-60g
Ku Shen	Radix Sophorae flavescens	3-12g
Ban Lan Gen	Radix Isatidis seu Baphicacanthi	3-30g
Bai Zhi Lian	Scutellariae Barbatae Herba	3-30g
Guan Zhong	Dryopteroides Crassirhizomae Rhizoma	3-12g
Yi Yi Ren	Semen Coicis Lacryma-Jobi	3-60g

***Ji Gu Cao**, **Tian Ji Huang** and **Xi Huang Cao** clear heat toxins and damp-heat. They are used as anti-hepatitis virus herbs and are more often used in south China where it is

a climatically damp-heat region. **Ji Gu Cao** is more density and therefore maintains its presence and effects in the blood for a longer duration. **Tian Ji Huang** promotes urination. **Xi Huang Cao** promotes blood circulation.

***Hu Zhang** clears heat toxins and promotes blood circulation. Its anti-hepatitis virus qualities derive from its basic function to clear heat toxins and move the blood. The improved circulation from this herb helps to eliminate and prevent cirrhosis of the liver.

***Bai Hua She She Cao** clears heat toxins, is anti-hepatitis virus and has been used in China as an anti-cancer herb.

***Ku Shen** has a very bitter taste reflecting its strong function to sedate hepatitis virus and it should be used as needed.

***Ban Lan Gen** clears heat toxins in the blood to act as an anti-hepatitis virus herb.

***Bai Zhi Lan** clears hepatitis virus and toxins and mildly promotes urination.

***Guan Zhong** clears general viruses and hepatitis virus.

***Yi Yi Ren** is mild, is anti-hepatitis virus, it is used for chronic conditions with weakness of the constitution.

4. Liver and Middle Jiao not Harmonized

• *With Liver and Stomach not harmonized*

❖ Indications:

Fatigue, stress, emotional disturbances, fullness and pain in stomach region, nausea, low appetite, slightly red or purple tongue with white coating, wiry, slippery and weak pulse.

➤ Diagnosis:

Liver attacks the Stomach and Spleen.

▪ Formula:

Xiao Yao San modified with Si Ni San and Bo He Wan.

Zhi Shi	Fructus Immaturus citrii Aurantii	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Qing Pi	Pericarpium Citri Reticulatae Veride	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Huo Po	Cortex Magnoliae Officinalis	3-12g
Fo Shou	Citri Sarcodactylis Fructus	3-12g
Yu Jin	Tuber Curcumae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yan Hu Sou	Rhizome Corydalis Yanhusuo	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-12g
Mai Ya	Fructus Hordei Vulgaris	3-12g
Shan Zha	Fructus Crateigi	3-12g

***Zhi Shi** and **Zhi Ke** regulate Qi and break Qi stagnation stomach pain. **Zhi Shi** is stronger to regulate Qi and break the Qi downwards. **Zhi Ke** can open the chest; it moves on more of a surface level and has a faster effective action.

***Qing Pi** and **Chen Pi** regulate Qi and break Qi stagnation in the Stomach. **Qing Pi** is stronger to break Qi stagnation; it more often used for treating Liver Qi stagnation pain.

Chen Pi regulates Qi and dries dampness in the Middle Jiao of the Stomach and Spleen.

***Huo Po** regulates Qi and dries dampness; it often used for treating Qi and phlegm stagnation in the Stomach or Spleen.

***Fo Shou**'s emphasis is to harmonize the Liver, Spleen and Stomach.

***Yu Jin**, **Xiang Fu** and **Yan Hu Sou** regulate Liver blood and stop pain. **Yu Jin** cools the heat, calms the Liver, opens the orifices and stops pain. **Xiang Fu** regulates and relaxes the Liver, Stomach Qi, blood and muscles and stops pain. **Yan Hu Sou**'s emphasis is to relax and stop pain in the Stomach and Liver organs.

***Lai Fu Zi**, **Mai Ya** and **Shan Zha** reduce food stagnation to benefit the Stomach. **Lai Fu Zi** descends the Stomach Qi downwards and dissolves phlegm. **Mai Ya** regulates Liver Qi. **Shan Zha** promotes blood circulation and especially eliminates meat stagnation.

● **With Liver and Spleen not Harmonizing**

Indications:

Emotional disturbances, stress, irritability, bloating and pain of abdomen, diarrhea, loose stool, fatigue, teeth-marked tongue with white coating, wiry and slippery pulse.

Indication:

Liver attacks the Spleen.

Formula:

Xiao Yao San modified with Tong Xie Yao Fang and Xiang Sha Liu Jun Zi Tang.

Fo Shou	Citri Sarcodactylis Fructus	3-12g
Chen Pi	Pericarpium Citri Reticulatae	3-6g
Pei Lan	Herba Eupatorii Fortunei	3-12g
Huo Xiang	Herba Agastaches Seu Pogostemi	3-12g
Bai Dou Kou	Fructus Amomi Kravanh	3-12g
Sha Ren	Fructus Amomie	3-12g
Mu Xiang	Radix Aucklandia Lappae	3-6g

Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Bing Lang	Semen Arecae Catechu	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Bai Tou Weng	Radix Pulsatillae Chinensis	3-30g
Huang Lian	Gelatinum Corii Asini	3-12g

***Fo Shou** and **Chen Pi** regulate Spleen and Stomach Qi. **Fo Shou** harmonizes the Liver, Spleen and Stomach. **Chen Pi** regulates Spleen and Stomach Qi and dries dampness.

***Pei Lan** and **Huo Xiang** are aromatic to transform dampness herbs to dry the Spleen. **Pei Lan** has a lighter (more subtle) smell, clears damp turbidity and eliminates a metal taste in the mouth. **Huo Xiang** has a 'heavier' smell that indicates its stronger function to dry dampness and enter a deeper level.

***Bai Dou Kou** and **Sha Ren** are aromatic to transform dampness. **Bai Dou Kou** has a lighter weight and smell, works on a lighter level and on the upper body, chest and stomach. **Sha Ren** has a heavier weight, goes into a deeper level, Middle Jiao, Lower Jiao, Stomach and Spleen.

***Mu Xiang** has a strong regulate Qi and dry dampness function to treat stubborn Qi and damp stagnation.

***Fang Feng** regulates intestinal wind (gas) and bloated abdomen.

***Bing Lang** regulates Qi and promotes urination to break Qi and phlegm stagnation.

***Shan Yao** has an astringent function to stop the leaking of Spleen Qi.

***Bai Tou Weng** and **Huang Lian** eliminate damp-heat in the Spleen to stop diarrhea. **Bai Tou Weng** is treats turbid damp-heat diarrhea. **Huang Lian** eliminates Heart fire and damp-heat in the Middle Jiao.

5. Excess internal wind

❖ Indications:

Shaking hands, tremors of the neck and head, spasms of muscles, vertigo, irritability, emotions, insomnia, dark tongue, wiry pulse.

➤ Diagnosis:

Excess Internal Liver Wind and Liver Qi stagnation.

▪ Formula:

Xiao Yao San modified with Tian Ma Gou Teng Wan and Zhen Gan Xei Fang Tang.

• *With excess internal wind shaking or vertigo*

Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus cum Uncis Uncariae	3-12g
Bai Ji Li	Fructus Tribuli Terrestris	3-12g
Jiang Can	Bombyx Batryticatus	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g

***Tian Ma**, **Gou Teng** and **Bai Ji Li** stop internal wind shaking and dizziness. **Tian Ma** is the strongest and enters a deep level. **Gou Teng** is in the middle and mildly releases external wind. **Bai Ji Li** is the mildest to treat internal wind and more strongly releases external wind.

***Jiang Can** stops internal wind and spasms and dissolves phlegm nodules.

***Ban Xia**, **Bai Zhu** and **Bai Jie Zi** dry the phlegm to stop phlegm stagnation vertigo. **Ban Xia** is strongest to dry all the phlegm in the body, use as needed. **Bai Zhu** dries dampness in the Middle Jiao and benefits the Spleen. **Bai Jie Zi** has a strong function to penetrate through the phlegm stagnation to stop phlegm stagnation in the ear and

vertigo. As paired herbs, Ban Xia dries, Bai Jie Zi penetrates, and Bai Zhu supports the Spleen.

• *With Liver Yang rising upwards*

Long Gu	Os Draconis	3-60g
Mu Li	Concha Ostrae	3-60g
Shi Jue Ming	Concha Haliotidis	3-60g
Zhen Zhu Mu	Margaritiferae Concha Usta	3-60g

***Long Gu**, **Mu Li**, **Shi Jue Ming** and **Zhen Zhu Mu** are heavy-weight to stabilize the Liver Yang to stop internal wind. **Long Gu** calms the Heart and Liver Yang and also astringes the Kidney. **Shi Jue Ming** stabilizes the Liver Yang and benefits the eyes. **Zhen Zhu Mu** stabilizes the Liver Yang, benefits the eyes and goes into a deeper level than Shi Jue Ming.

• *With Kidney and Liver Yin Deficiency Heat leading to Internal Wind*

Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
Ji Xue Teng	Radix Et Caulis Jixueteng	3-30g
Nu Zhen Zi	Fructus Ligustri Lucidi	3-12g
Han Lian Cao	Herba Ecliptae Prostratae	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Qing Hao	Herba Artemisia Annuae	3-9g
Bie Jia	Carapax Amydae Sinensis	3-60g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g

***Sheng Di Huang** nourishes Kidney Yin and Liver blood to calm the heat. Reducing heat and descending uprising Yang heat leads to less pushing/stirring of the wind.

***Ji Xue Teng** nourishes the blood and expels wind-damp-Bi-pain (wind-damp-Joint-pain) to stop internal wind.

***Nu Zhen Zi** and **Han Lian Cao** nourish Kidney Yin to calm the heat and slow the reckless internal wind. **Nu Zhen Zi** is physically more dense for nourishing the Yin. **Han Lian Cao** is lighter-weight and therefore has a faster effective functional action.

***Zhi Mu** and **Mu Dan Pi** cool the blood to calm the heat and therefore reduce the internal wind. **Zhi Mu** has a moistening quality to moisten the dryness and it also clears Qi level heat. **Mu Dan Pi** has mild promote blood circulation function (invigorate blood function, move the blood function).

***Qing Hao** and **Bie Jia** cool empty heat thereby reducing internal wind. **Qing Hao** finds the hidden (trapped) heat and encourages it to surface. **Bie Jia** cools the empty heat and penetrates through stagnation. As paired herbs, Qing Hao encourages the trapped, hidden heat to surface and Bei Jia eliminates heat.

***Zhi Zi** eliminates irritability, cools the heat in San Jiao (Triple Burner) and guides the herbal ingredients to the San Jiao.

• *With irritability or insomnia*

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Bai Zi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenuifoliae	3-12g

***Suan Zao Ren**, **Bai Zi Ren** and **Yuan Zhi** calm the Heart for treating insomnia and excess irritability. They quiet the mind. **Suan Zao Ren** nourishes the Liver blood; it is often used for treating Liver Qi stagnation irritability and waking early in the morning. **Bai Zi Ren** emphasizes nourish the Heart Yin and moistening the intestine. **Yuan Zhi** clears Heart phlegm related confusion and opens orifices to quiet the mind and calm internal wind.

6. Male disorders

❖ Indications:

Pain in the testicle(s) and groin region, lower sexual energy, low sperm count, seminal emission, impotence, hardness of the penis without normal softening, unusual growth of the breast, irritability, lower back pain, tinnitus, teeth-marked and dark tongue, wiry or with weak pulse.

➤ Indication:

Liver Qi stagnation with Kidney Jing and Qi deficiency, Qi and phlegm stagnation.

(1) With swollen or painful testicle(s):

A. Indications:

Pain and swelling of the testicle(s), possible surgery or injury history to genitals, low sexual energy, impotence, difficulty achieving orgasm or incomplete orgasm, slightly purple tongue, wiry and slippery pulse.

B. Diagnosis:

Qi, phlegm and blood stagnation.

C. Formula:

Xiao Yao San modified with Ju He Wan and Shao Fu Zhu Yu Tang.

• With Qi and blood stagnation:

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Tao Ren	Semen Persicae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Wang Bu Liu Xin	Semen Vaccariae Segetalis	3-12g
Lu Lu Tong	Liquidambar Taiwaniana Hance	3-12g
Sang Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Tuber Curcumae	3-12g
Yu Jin	Rhizoma Circuma Ezhu	3-12g

***Gui Zhi** is acrid and warm, harmonizes the Ying and Wei, and warms the channels to eliminate stagnation.

***Mu Dan Pi** cools blood and promotes blood circulation to eliminate swelling and heat from the testicles.

***Tao Ren** promotes blood circulation, breaks congealed blood and moistens the intestine. Tao Ren is especially efficacious for the Lower Jiao (Burner).

***Xiang Fu** promotes blood circulation and stops pain.

***Wang Bu Liu Xin** and **Lu Lu Tong** break the Qi, blood and phlegm nodules. **Wang Bu Liu Xin** is stronger. **Lu Lu Tong** is moves faster and on a lighter level; this mean that it has a fast effective action but its effects may not last as long as Wang Bu Liu Xin.

***Sang Leng** and **E Zhu** break congealed blood masses. **Sang Leng** moves the Qi of the blood and has a faster effective action. **E Zhu** is moves the blood of blood and maintains effects in the blood longer.

***Yu Jin** cools blood, promotes blood circulation, open orifices and calms the Liver to eliminate pain and irritability.

• With Qi and phlegm stagnation:

Zhi Ke	Fructus Citri Aurantii	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
Zao Jiao Ci	Gleditsiae Spina	3-9g

Ju He	Semen Citri Reticulatae	3-12g
Li Zhi He	Semen Litchi Chinensis	3-12g
Hai Dai	Laminariae Thallus	3-12g
Kun Bu	Thallus Algae	3-12g
Hai Zao	Herbs Sargassii	3-12g

***Zhi Ke**, **Bai Jie Zi** and **Zao Jiao Ci** regulate Qi and dissolve phlegm. **Zhi Ke** strongly breaks Qi stagnation and moves Qi downward. **Bai Jie Zi** is acrid and warm and has a strong moving function to dissolve phlegm and swelling. **Zao Jiao Ci** breaks through the phlegm.

***Ju He** and **Li Zhi He** dissolve phlegm nodules. **Ju He** moves faster and on the lighter level. **Li Zhi He** is stronger and goes into a deeper level.

***Hai Dai**, **Kun Bu** and **Hai Zao** dissolve phlegm nodules and mildly promote urination. **Hai Zao** is the strongest. **Hai Dai** is the second strongest and **Kun Bu** is the least strong and moves on the lightest level.

• **With heat-toxin infection**

Pu Gong Yin	Herba Taraxaci Mongolici cum Radice	3-15g
Zi Hua Di Ding	Herba Violae cum Radice	3-15g
Jin Yin Hua	Flos Lonicerae Japonicae	3-30g
Ye Ju Hua	Flos Chrysanthemi Indici	3-15g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Huang Bai	Cortex Phellodendri	3-12g
Huang Lian	Gelatinum Corii Asini	3-9g
Long Dan Cao	Radix Gentianae Longdancao	3-9g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g

***Pu Gong Yin**, **Zi Hua Di Ding**, **Jin Yin Hua** and **Ye Ju Hua** clear heat toxins in the mild and beginning levels compared with **Huang Qin**, **Huang Lian** and **Huang Bai**. **Pu Gong Yin** dissolves hot phlegm nodules. **Zi Hua Di Ding** cools heat in the blood and promotes blood circulation. **Jin Yin Hua** goes to the surface to release wind heat and clears damp-heat in the Middle Jiao. **Ye Ju Hua** flows to the surface also.

***Huang Qin**, **Huang Lian** and **Huang Bai** clear heat toxins and hot phlegm. **Huang Qin** clears hot phlegm in the Upper Jiao and GB. **Huang Lian** is very bitter, sedates

heat toxins and calms Heart fire. **Huang Bai's** emphasis is to clear the Lower Jiao heat and damp heat.

***Zhi Zi** mildly clears heat toxins, guides herbs to the San Jiao, cools the heat in the blood and reduces irritability.

***Long Dan Cao** is strongest to clear heat toxins in the Liver and GB organs and channels.

• **With Kidney Yang deficiency:**

Xiao Hui Xiang	Fructus Foeniculi Vulgaris	3-12g
Wu Zhu Yu	Fructus Evodiae Rutacarpae	3-12g
Wu Yao	Radix Linderae Strychnifoliae	3-12g
Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g

***Xiao Hui Xiang**, **Wu Zhu Yu**, **Wu Yao** and **Gan Jiang** warm the Liver & Kidney and expel cold & pain. **Xiao Hui Xiang** and **Wu Zhu Yu** regulate and warm the Liver and Kidney Qi. **Xiao Hui Xiang** goes into a lighter level and has a stronger moving function. **Wu Zhu Yu** enters deeply and expels wind phlegm. **Wu Yao** has an astringent function to stop leaking. **Gan Jiang** is acrid, warm, affects the interior and exterior, and warms the Middle Jiao.

(2) With Kidney Jing or Qi deficiency

Indications: low sexual energy, low sperm account, abnormal seminal emission and impotence.

A. Diagnosis:

Kidney Qi and Jing deficiency with Qi and blood stagnation.

B. Formula:

Xiao Yao San modified with Liu Wei Di Huang Wan and Xiao Fu Zhu Yu Tang.

Huang Qi	Radix Astragali Membranaceus	3-30g
Lu Rong	Cornu Cervi Parvum	3-9g
Yin Yang Huo	Herba Epimedii	3-12g
Bai Ji Tian	Radix Morindae Officinalis	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquitae	3-60g
Huang Jing	Rhizoma Polygonati	3-60g
He Shou Wu	Radix Polygoni Multiflori	3-12g
Gou Qi Zi	Fructus Lycii	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g

***Huang Qi** raises the Spleen Qi. Dang Sheng and Huang Qi strengthen the Middle Jiao Qi. Huang Qi raises the Qi and Dang Shen supports Middle Jiao Qi.

***Lu Rong** is strongest to strengthen Kidney Yang. It nourishes the Kidney Jing and blood to encourage sperm movement.

***Yin Yang Huo** and **Bai Ji Tian** strengthen the Kidney Yang, expel wind-damp-Bi-pain, and encourage Kidney Yang's warming and moving properties for treating impotence, low sexual energy and low sperm motility. **Yin Yang Huo** moves faster (faster effective action). **Bai Ji Tian** maintains its effects in the blood level for a longer duration.

***Xu Duan** and **Tu Si Zi** strengthen Kidney Yang to encourage sexual energy. **Xu Duan** promotes blood circulation. **Tu Si Zi** nourishes Kidney Jing.

***Shu Di Huang, Huang Jing, He Shou Wu** and **Gou Qi Zi** nourish Liver blood to benefit Kidney Jing. **Shu Di Huang** nourishes Liver and Kidney Jing and is strongest. **Huang Jing** has a mild function to strengthen Spleen Qi and is less sticky than Shu Di Huang which benefits the Spleen. **He Shou Wu** is easy digest. **Gou Qi Zi** is especially used for Liver blood and is easy to digest.

***Chuan Xiong, Hong Hua, Tao Ren** and **Xiang Fu** promote blood circulation to flow towards the genital region. **Chuan Xiong** is acrid, warm, and has a strong moving function to regulate Qi in the blood. **Hong Hua** and **Tao Ren** promote blood circulation and break congealed blood. **Hong Hua** is stronger to break congealed blood and has a stronger moving function. **Tao Ren** maintains its effects in the blood longer and moistens the intestines. **Xiang Fu** promotes blood and Qi circulation and stops pain.

(3) With Liver Qi stagnation, Qi and blood stagnation, internal wind and heat- hardening of the penis without softening.

A. Diagnosis:

Qi, phlegm and blood stagnation or empty heat with Yang rising upwards.

B. Formula:

Xiao Yao San modified with Si Ni San and Yi Chuan Jian.

- **With Qi stagnation and internal wind spasms- hardening of the penis without softening:**

Jiang Can	Bombyx Batryticatus	3-12g
Di Long	Lumbricus	3-12g

***Jiang Can** and **Di Long** stop internal wind spasms. **Jiang Can** dissolves phlegm and **Di Long** promotes blood circulation and breaks the channels.

- **With Qi and blood stagnation- hardening of the penis without softening:**

Yu Jin	Tuber Curcumae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g

***Yu Jin**, **Dan Shen** and **Xiang Fu** promote blood circulation to relax the muscle. **Yu Jin** and **Dan Shen** cool the heat in the blood. **Yu Jin** calms the Liver and eliminates irritability. **Dan Shen** calms the Heart and is especially used for small blood vessel circulation. **Xiang Fu** regulates Qi and stops pain and tension.

***Chi Shao** and **Mu Dan Pi** cool the blood and promote blood circulation to cool down the hardened penis. **Chi Shao** is stronger to promote blood circulation than **Mu Dan Pi**. **Mu Dan Pi** is better to cool the blood. As paired herbs, one emphasizes cooling and one emphasizes promote blood circulation to cool the flow to the small blood vessels in the penis.

• **With Kidney Yin deficiency and empty heat pushing hardening of the penis without softening:**

Chi Shao	Radix Paeoniae Rubrae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Chuan Lian Zi	Fructus Meliae Toosendan	3-9g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Tian Men Dong	Tuber Asparagi cochinchinensis	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-60g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Bai Wei	Radix Cynanchi Baiwei	3-12g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Huang Bai	Cortex Phellodendri	3-12g
Qing Hao	Herba Artemisia Annuae	3-9g
Bie Jia	Carapax Amydae Sinensis	3-60g

***Chi Shao** and **Mu Dan Pi** cool the blood and promote blood circulation to cool the penis. **Chi Shao** is stronger to promote blood circulation. **Mu Dan Pi** is stronger to cool the blood. As paired herbs, they promote circulation to the small blood vessels.

***Zhi Zi** cools the empty heat, excess heat, heat in the blood, and damp-heat in the San Jiao. It calms irritability and reduces heat in the Heart, Liver and Kidney to treat the blood of the penis.

***Chuan Lian Zi** breaks Liver Qi stagnation and cools the Liver heat downwards to soften the hardened penis.

***Mai Men Dong** and **Tian Men Dong** lubricate the Yin and cool the heat. **Main Men Dong** calms the Heart fire. **Tian Men Dong** is stronger and cools Kidney fire.

***Sheng Di Huang** and **Xuan Shen** cool the heat in the blood to cool the penis. **Sheng Di Huang** is stronger to nourish the blood and Jing for treating Kidney Jing deficiency empty heat. **Xuan Shen** is stronger to sedate heat and toxins and dissolve nodules.

***Bai Wei**, **Di Gu Pi**, **Zhi Mu** and **Huang Bai** cool the blood to calm the penis. **Bai Wei** sedates empty heat, acute or chronic, and mildly promotes urination. **Di Gu Pi** emphasizes reducing steaming bone syndrome which is heat from interior steaming to the exterior. **Zhi Mu** and **Huang Bai** as paired herbs: **Zhi Mu** is stronger to moisten the dryness and **Huang Bai** is stronger to sedate heat.

***Qing Hao** and **Bie Jia** cool the empty heat. **Qing Hao** is stronger to encourage the heat outwards. **Bie Jia** is stronger to eliminate heat and promote blood circulation to dissolve hardness.

7. Skin disorders.

- ❖ Indications: Acne, hives, eczema, sudden loss of hair, butterfly face, shingles, poison oak

Red tongue, floating and rapid pulse.

➤ Diagnosis:

Liver Qi stagnation with heat on the Skin and Kidney & Lung Yin deficiency.

▪ Formula:

Xiao Yao San modified with Wu Wei Xiao Du Yin and Xiao Fang San and Long Dan Xie Gan Tang.

Treatments include both excess, acute and deficiency conditions.

(1) With heat or damp-heat in the skin: acne.

A. Diagnosis:

Damp-heat or empty heat in the skin affecting the Foot Yang Ming (Stomach) Channel.

B. Formula:

Xiao Yao San modified with Wu Wei Xiao Du Yin and Bai Hu Tang.

Pu Gong Ying	Herba Taraxaci Mongolici cum Radice	3-12g
Ye Ju Hua	Flos Chrysanthemi Indici	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-12g
Zi Hua Di Ding	Herba Violaecum Radice	3-12g
Da Qing Ye	Folium Daqingye	3-12g

Lian Qiao	Fructus Forsythiae suspensae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Yin Chai Hu	Stellaiae Dichotomae, Herba	3-12g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Shi Gao	Gypsum	3-60g
Ku Shen	Radix Sophorae flavescens	3-12g
Bai Xian Pi	Cortex Dictamni Dasycarpi Radicis	3-12g

***Pu Gong Ying**, **Ye Ju Hua**, **Jin Yin Hua**, **Zi Hua Di Ding**, **Da Qing Ye** and **Lian Qiao** clear heat toxins to reduce acne. **Pu Gong Ying** has a mild function to clear nodules and promote lactation. **Ye Ju Hua** emphasizes releasing the surface. **Jin Yin Hua** and **Lian Qiao** release the surface, **Jin Yin Hua** is lighter weight and therefore works more on the surface. **Lian Qiao** is stronger to eliminate heat toxins and dissolve nodules. **Zi Hua Di Ding** promotes blood circulation and clears heat in the blood.

***Mu Dan Pi** and **Chi Shao** cool heat in the blood and promote blood circulation. **Mu Dan Pi** has a stronger cooling function. **Chi Shao** promotes blood circulation more strongly.

***Yin Chai Hu**, **Zhi Mu** and **Zi Cao** cool the empty heat rash for the youth or menopausal women; both rashes stem from a Kidney Jing hormonal imbalance. **Yin Chai Hu** is often used for steaming heat from the interior to exterior. **Zhi Mu** lubricates fluid and clears Qi level heat for Stomach Yang Ming muscle layer heat. **Zi Cao** is special for treating skin rash from empty (deficiency) heat.

***Shi Gao** sedates Yang Ming Stomach muscle layer excess heat.

***Ku Shen** and **Bai Xian Pi** are bitter and strong to clear heat toxins. **Ku Shen** is stronger and more dense. **Bai Xian Pi** moves faster and more on the lighter level.

(2) With chronic eczema, hives and rash, shingles, herpes, and poison oak.

A. Diagnosis:

Liver Qi stagnation with Kidney Yin deficiency, empty heat, internal wind and damp-heat in the skin:

B. Formula:

Xiao Yao Wan modified with Xiao Feng San and Long Dan Xie Gan Tang

Ku Shen	Radix Sophorae flavescentis	3-12g
Bai Xian Pi	Cortex Dictamni Dasycarpi Radicis	3-12g
Tu Niu Xi	Achyranthis Radix Terrena	3-30g
Long Dan Cao	Radix Gentianae Longdancao	3-9g
Huang Qin	Radix Scutellariae Baicalensis	3-12g
Che Qian Zi	Semen Plantaginis	3-12g
Shi Gao	Gypsum	3-60g
Zhi Mu	Rhizoma Anemarrhenae Asphodeloidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Yin Chai Hu	Stellariae Dichotomar, Herba	3-12g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Zi Cao	Radix Arnebiae seu Lithospermi	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-30g
He Shou Wu	Radix Polygoni Multiflori	3-12g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus cum Uncis Uncariae	3-12g
He Huan Pi	Albiziae Cortex	3-12g

***Ku Shen** and **Bai Xian Pi** are strong to clear heat toxins for acute attacks. **Ku Shen** is stronger, has a bitter taste and is stronger to clear heat toxins and damp heat. **Bai Xian Pi** works on a lighter level and has a faster moving function.

***Tu Fu Ling** is often used for chronic damp-heat skin disorders.

***Long Dan Cao**, **Huang Qin** and **Che Qian Zi** clear damp-heat in the Liver and GB organs and channels. **Long Dan Cao** is special to treat the herpes shingles virus. **Chen Qian Zi** is milder than Long Dan Cao; it can promote urination to assist Long Dan Cao to clear Liver and GB damp-heat and clear the virus. **Huang Qin** calms the GB and is more often used for damp heat conditions.

***Shi Gao** and **Zhi Mu** sedate Yang Ming Stomach excess heat. The Yang Ming Stomach muscle layer is under the skin and clearing the heat from it benefits the skin. **Shi Gao** is strong to sedate heat in the Yang Ming muscle channel. **Zhi Mu** assists Shi Gao to sedate the Stomach heat and lubricate the dryness.

***Mu Dan Pi**, **Zhi Zi**, **Yin Chai Hu**, **Di Gu Pi** and **Zi Cao** eliminate Kidney Yin deficiency empty heat thereby reducing the skin rash. **Mu Dan Pi** promotes blood circulation treats heat in the blood level. **Zhi Zi** eliminates irritability, San Jiao heat and damp-heat, and mildly promotes blood circulation. **Yin Chai Hu** and **Di Gu Pi** eliminate steaming bone syndrome. **Yin Chai Hu** is materially more dense than Di Gu Pi and therefore sedates deficiency heat on a deeper level. **Di Gu Pi**, being a less dense substance, has faster clinical effects and enters the surface layers more than Yin Chai Hu. **Zi Cao** has a special function to treat skin rash caused by empty (deficiency) heat.

***Sheng Di Huang** and **He Shou Wu** enrich the Yin to eliminate dryness and empty heat in the skin. **Sheng Di Huang** is heavy, lubricates, and benefits the Kidneys, Jing and blood. **He Sou Wu** is lighter-weight, enters more on the surface layers, and is often used to treat chronic skin rash or menopause syndrome's butterfly face.

***Tian Ma**, **Gou Teng** and **He Huan Pi** stop internal wind and calm the Liver to stop itching. **Tian Ma** is stronger to stop internal wind than Gou Teng. **Gou Teng** has faster clinical effects and enters the surface more than Tian Ma. **He Huan Pi** calms the Heart and stops the itching of skin.

(3) With sudden loss of hair and butterfly face from Kidney and Jing deficiency.

A. Diagnosis:

Liver Qi stagnation with deficiency of the Kidneys and Jing.

Sudden loss of hair caused by stress and exhaustion burning out the Kidney essence and Jing (without Jing support, the hair essence dries out). Patient may discover this problem upon waking in the morning to find that their hair is on the pillow and that they have a circular bald spot on the scalp (which is usually a perfect circle).

B. Formula:

Xiao Yao San modified with Liu Wei Di Wang Wan:

Shu Di Huang	Radix Rehmanniae Glutinosae Conquitate	3-60g
Shan Zhu Yu	Fructus corni Officinalis	3-12g
Huang Jing	Rhizoma Polygonati	3-60g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Lu Rong	Cornu Cervi Parvum	3-9g
Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g
He Shou Wu	Radix Polygoni Multiflori	3-12g
Gou Qi Zi	Fructus Lycii	3-12g
Sang Shen Zi	Fructus Mori Albae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Yin Chai Hu	Stellariae Dichotomar, Herba	3-12g
Bai Wei	Radix Cynanchi Baiwei	3-12g
Han Lian Cao	Herba Ecliptae Prostratae	3-12g
Nu Zhen Zi	Fructus Ligustri Lucidi	3-12g

***Shu Di Huang** and **Huang Jing** enrich the Kidney Yin, Jing, cool the heat in the blood which disturbs the skin (from Kidney Yin deficiency) causing sudden loss of hair, and treat menopause butterfly face and skin rash. **Shu Di Huang** is strongest to lubricate Kidney Jing and Yin for treating menopause from Kidney Jing deficiency. **Huang Jing** is less sticky than Shu Di Huang and is therefore easier on the Spleen.

***Shan Zhu Yu** and **Shan Yao** are astringent and strengthen the Kidney and Spleen to stop leaking Kidney Jing and benefit the skin. **Shan Zhu Yu** emphasizes astringing the Kidney Jing. **Shan Yao** is emphasizes benefitting Spleen Qi.

***Tu Si Zi**, **Lu Rong** and **Bu Gu Zhi** strengthen Kidney Yang, warm, and encourage circulation of the skin. **Tu Si Zi** is neutral temperature; it can be used for Yang and Yin conditions. **Lu Rong** powerfully strengthens Kidney Yang and nourishes Jing; it is more often used for acute syndromes. **Bu Gu Zhi** is warm, acrid and has a strong moving function to warm the surface and expel stagnation. It can be used topically as a tincture to stimulate hair growth.

***He Shou Wu**, **Gou Qi Zi** and **Sang Shen Zi** nourish blood to cool and enrich the skin for treating chronic skin rashes and Kidney Jing or Liver blood deficiency skin disorders. **He Shou Wu** emphasizes nourishing the hair. **Gou Qi Zi** emphasizes nourishing the Liver blood. **Sang Shen Zi** has a cool temperature.

***Mu Dan Pi**, **Di Gu Pi**, **Yin Chai Hu** and **Bai Wei** cool the empty heat to calm the skin. **Mu Dan Pi** promotes blood circulation. **Di Gu Pi** and **Yin Chai Hu** treat steaming bone syndrome. **Di Gu Pi** works its energy towards the surface. **Yin Chai Hu** works on a deeper level than Di Gu Pi. **Bai Wei** strongly cools the empty heat and mildly promotes urination.

***Han Lian Cao** and **Nu Zhen Zi** cool deficiency heat and nourish Kidney Jing to benefit the hair and skin. **Han Lian Cao** is lighter weight and tends to function on a lighter level. **Nu Zhen Zi** works on a deeper level, that is to say, it maintains its effects in the blood for a longer duration but is slower to act than Han Lian Cao.

8. Eye disorders

❖ Indications:

Poor eyesight, hyphema, glaucoma, retinitis, purple or pale tongue, wiry and floating pulse.

Note: Hyphema is the accumulation of blood in the anterior chamber of the eye. It often appears in the form of a red discoloration or may appear in the form of a small pool of blood near the iris or in the cornea. A hyphema is typically caused by an injury and may block a portion of the visible field.

➤ Diagnosis:

Liver Qi and blood stagnation. Blood or Jing deficiency.

▪ Formula:

Xiao Yao San modified with Qi Ju Di Huang Wan, Wu Ling San and Tong Qiao Huo Xue Tang.

(1) Poor eyesight from Kidney Jing deficiency and Liver Qi stagnation:

A. Diagnosis:

Kidney Jing and Liver blood deficiency with Liver Qi stagnation.

B. Formula:

Xiao Yao San modified with Qi Ju Di Huang Wan and Tong Qiao Huo Xue Tang.

Gou Qi Zi	Fructus Lycii	3-12g
He Shou Wu	Radix Polygoni Multiflori	3-12g

Sang Shen Zi	Fructus Mori Albae	3-12g
Shu Di Huang	Radix Rehmanniae Glutinosae Conquitae	3-60g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Shan Yao	Radix Dioscoreae Oppositae	3-30g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Sang Ye	Folium Mori Albae	3-12g
Mi Meng Hua	Flos Buddleiae Officinalis Immaturusi	3-12g
Gu Jing Cao	Eriocauli Flos	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Huang Qi	Radix Astragali Membranaceus	3-12g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Sheng Ma	Rhizoma Cimicifugae	3-9g

***Gou Qi Zi**, **He Shou Wu**, **Sang Shen Zi** and **Shu Di Huang** nourish Liver blood to benefit the eyes. **Gou Qi Zi** is special for treating Liver blood deficiency weak eyesight. **He Shou Wu** is easy to digest and benefits Kidney Jing. **Shu Di Huang** is strongest to nourish the Liver blood and also Kidney Yin and Jing.

***Shan Zhu Yu** and **Shan Yao** are astringent and benefit the Kidney and Spleen Qi. **Shan Zhu Yu** emphasizes astringing Kidney Jing and nourishes the Kidney Yin and Yang. **Shan Yao** emphasizes astringing Spleen Qi and nourishes Spleen Yin.

***Ju Hua**, **Sang Ye**, **Mi Meng Hua** and **Gu Jing Cao** clear heat and brighten the eyes. **Ju Hua** and **Sang Ye** clear the Liver and Lung and release the surface. **Ju Hua** emphasizes opening Liver Qi and clearing the eyes. **Ju Hua** is a flower. The image is of a flower opening so too is the movement of the Liver Qi opening and spreading. **Sang Ye** more strongly to clears heat and expels wind heat from the eyes. **Mi Meng Hua** and **Gu Jing Cao** clear redness and heat from the eyes and are often used for chronic conditions. **Mi Meng Hua** has mild function to nourish the Liver Yin. **Gu Jing Cao** is stronger in function to expel external wind heat from the eyes.

***Chuan Xiong** and **Dan Shen** promote blood circulation to benefit the eyes. **Chuan Xiong** is warm, acrid, its function is directed to the head and eyes and it promotes the Qi of blood. **Dan Shen** is cooling, calms the Heart and especially promotes small blood vessel circulation.

***Huang Qi** and **Dang Shen** strengthen Spleen Qi to benefit the eyes. **Huang Qi** emphasizes lifting the Qi upwards and thereby promotes Qi flow to the eyes. **Dang Shen** strengthens the Middle Jiao Qi and allows it to flow from the center to spread to the rest of the body.

***Sheng Ma** raises Qi upwards to assist Huang Qi and Dang Shen encourage Qi flow to the eyes.

(2) Hypphema, glaucoma and retinitis due to Liver Qi stagnation and phlegm and blood stagnation:

A. Diagnosis:

Liver Qi, phlegm, and blood stagnation with Yang rising.

B. Formula:

Xiao Yao San modifies Zhen Gan Xi Fang Tang, Gui Zhi Fu Ling Tang, Wu Ling San and Tong Qiao Huo Yue Fan.

- With Qi and blood stagnation

Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Tao Ren	Semen Persicae	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
San Qi	Radix Notoginseng	3-12g
Pu Huang	Pollen Typhae	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Yi Mu Cao	Herba Leonuri Heterophylli	3-12g
Niu Xi	Radix Achyranthis Bidentatae	3-12g

***Gui Zhi** is warm, acrid and harmonizes the Yin and Wei to smooth the eyes.

***Mu Dan Pi** cools and promotes circulation in the blood to cool the eyes.

***Hong Hua**, **Tao Ren**, **Dan Shen** and **Chuan Xiong** promote blood circulation to heal the eyes. **Hong Hua** and **Tao Ren** break congealed blood. **Hong Hua** is stronger to break congealed blood and acts faster. **Tao Ren** maintains its effects in the blood longer and moistens the dryness. **Dan Shen** cools the blood and calms the Heart. It is special for treating blood stagnation in the small blood vessels. **Chuan Xiong** is acrid and warm; it has a stronger moving function, especially upwards towards the head. It moves Qi in the blood.

***San Qi** and **Pu Huang** promote blood circulation and stop bleeding. **San Qi** reduces swelling and stops pain. **Pu Huang** is light-weight and therefore acts more quickly. It emphasizes stopping bleeding.

***Yi Mu Cao**, **Niu Xi** and **Xiang Fu** promote blood circulation. **Yi Mu Cao** and **Niu Xi** promote blood circulation and urination. **Yi Mu Cao** more strongly promotes blood circulation and urination. **Niu Xi** descends the blood downward and benefits the sinew and bone.

- With Qi and phlegm stagnation or dampness

Zhu Ling	Sclerotium Polypori Unbellati	3-30g
Ze Xie	Rhizome Alismatis Orientalitis	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
Lai Fu Zi	Semen Raphani Sativi	3-12g

***Zhu Ling** and **Ze Xie** clear heat and promote urination to reduce inflammation in the eyes. **Ze Xie** sedates the Kidney fire.

***Bai Jie Zi** and **Lai Fu Zi** dissolve phlegm stagnation. **Bai Jie Zi** is warm and acrid and dissolves phlegm in the eyes. **Lai Fu Zi** descends the Stomach Qi downward and dissolves food stagnation to benefit the flow of Middle Jiao (Burner) Qi.

- With Liver Yang rising upwards

Shi Jue Ming	Concha Haliotidis	3-30g
Mu Li	Concha Ostrae	3-30g
Zhen Zhu Mu	Concha Margaritaeferae	3-30g

***Shi Jue Ming**, **Mu Li** and **Zhen Zhu Mu** settle the Liver Yang to reduce tension in the eyes. **Shi Jue Ming** and **Mu Li** emphasize stabilizing the Liver Yang. **Shi Jue Ming** brightens the eyes. **Mu Li** dissolves phlegm nodules due to stagnation in the eyes. **Zhen Zhu Mu** is heavier weight than Shi Jue Ming, it goes into a deeper layer and maintains effects in the bloodstream longer. It also brightens the eyes.

• With heat signs

Sang Ye	Folium Mori Albae	3-12g
Ju Hua	Flos Chrysanthemi Morifolli	3-12g
Jue Ming Zi	Semen Cassiae	3-12g
Mi Meng Hua	Flos Buddleiae Officinalis Immaturus	3-12g
Gu Jing Cao	Eriocauli Flos	3-12g
Xia Ku Cao	Spica Prunellae Vulgaris	3-12g
Mu Zei	Herba Equiseti Heimalis	3-12g

***Sang Ye**, **Ju Hua**, **Jue Ming Zi**, **Mi Meng Hua**, **Gu Jing Cao**, **Xiao Ku Cao** and **Mu Zei** clear heat eyes. **Sang Ye** and **Ju Hua** clear Liver and Lung heat. **Sang Ye** is stronger to clear the acute heat and release surface for wind heat attacking type of red eyes. **Ju Hua** emphasizes clearing Liver heat for chronic redness and tension in the eyes. **Jue Ming Zi** is strong to clear the Liver, reduce eye heat and moisten the intestine. **Mi Meng Hua** and **Gu Jing Cao** treat redness and tension in the eyes. **Mi Men Hua** has a mild strengthen the Liver and Kidney function. **Gu Jing Cao** is stronger to move and mild release the surface for wind heat attacking type of red eyes. **Xiao Ku Cao** clears Liver heat and dissolves nodules. It is used for chronic red eyes with Liver heat.

9. Head and ear disorders

❖ Indications:

Headaches, migraines, sinusitis, excess phlegm in the upper jiao (burner), tinnitus, slightly purple tongue with white coating, wiry and floating pulse.

➤ Diagnosis: Liver Qi stagnation, phlegm and blood stagnation.

▪ Formula:

Xiao Yao Wan modified with Tian Ma Gou Teng Yin, Xin Yi San and Yu Fu Zhu Yu Tang.

(1) With Headache or migraines due to Liver Qi, blood or phlegm stagnation

A. Diagnosis:

Liver Qi stagnation with blood and phlegm stagnation

B. Formula:

Xiao Yao San modified with Tian Ma Gou Teng Yin and Xu Fu Zhu Yu Tang.

• With internal wind spasms and stress

Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g
Di Long	Lumbricus	3-12g
Jiang Can	Bombyx Batryticatus	3-12g

***Tian Ma** and **Gou Teng** quell internal wind and headache. **Tian Ma** is stronger than the **Gou Teng**. **Gou Teng** goes to a lighter level and mildly releases external wind.

***Di Long** and **Jian Can** quell internal wind spasms, stop pain and relaxes the muscle and blood vessels. **Di Long** has a stronger moving quality to all areas of the body and eliminates spasms and pain. **Jian Can** dissolves phlegm nodules.

• **With wind-dampness and pain**

Gao Ben	Rhizoma Et Radix Ligustici	3-12g
Qiang Huo	Rhizoma Et Radix Notopterygii	3-9g
Ge Gen	Radix Sophorae Tonkinensis	3-12g

***Gao Ben**, **Qian Huo** and **Ge Gen** stop wind-damp-Bi (joint) -pain. **Gao Ben** emphasizes stopping headaches and especially vertex headaches. **Qiang Huo** stops Tai Yang channel headaches of the shoulder, neck and occipital regions. **Ge Gen** relaxes the muscles of Yang Ming, it emphasizes treating 'frozen' muscles.

• **With Qi and blood stagnation**

Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g

***Xiang Fu**, **Chuan Xiong**, **Hong Hua** and **Tao Ren** promote blood circulation to stop pain. **Xiang Fu** regulates Liver Qi to stop pain. **Chuan Xiong** is acrid and warm to expel cold to stop the headache, it especially treats Liver related headaches and headaches related to menstruation.

• With Liver and GB heat

Yu Jin	Tuber Curcumae	3-12g
Zhi Zi	Fructus Gardeniae Jasminoidis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Long Dan Cao	Radix Gentianae Longdancao	3-9g
Huang Qin	Radix Scutellariae Baicalensis	3-12g

***Yu Jin**, **Zhi Zi** and **Mu Dan Pi** cool the blood and promote blood circulation. **Yu Jin** opens orifices, eliminates irritability and calms the Liver Yang downwards. **Zhi Zi** cools the San Jiao heat and damp-heat and eliminates Heart fire related irritability. **Mu Dan Pi** cools the Liver blood, circulates the blood to calm the Liver, and cools heat in the blood.

***Long Dan Cao** and **Huang Qin** clear Liver excess heat and damp heat. **Long Dan Cao** emphasizes clearing excess Liver and GB heat related acute headaches. **Huang Qin** emphasizes clearing heat in the GB for treating bitter taste in the mouth. It also treats damp-heat excess headaches with a yellow coating of the tongue.

(2) Sinus and ear congested with mucous and phlegm stagnation with underlying Liver Qi stagnation

A. Dx:

Qi and phlegm stagnation in the Liver and GB channels

B. Formula:

Xiao Yao San modified with Xin Yi San, Er Chen Tang and Xue Fu Zhu Yu Tang.

• With phlegm stagnation

Xin Yi Hua	Magnolia Liliflora	3-12g
Bai Zhi	Radix Angelicae Dahuricae	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g

***Xin Yi Hua**, **Bai Zhi**, **Chuan Xiong** and **Ban Xia** eliminate mucous. **Xin Yi Hua** releases the surface to stop sneezing and itching. Its neutral to warm temperature does not contribute to heat that causes sore throat. **Bai Zhi** is warm and acid; it emphasizes drying mucous and expelling external wind. **Chuan Xiong** is warm and promotes blood circulation to dry the phlegm in the head. **Ban Xia** is strong and stable to dry the mucous and dries the Middle Jiao.

• With external wind attack with sneezing and itching

Jing Jie	Schizonepetae Tenuifoliae, Herba Seu Flos	3-12g
Fang Feng	Radix Ledebouriellae Diaricatae	3-12g
Sang Ye	Folium Mori Albae	3-12g

***Jing Jie** and **Fang Feng** expel external wind to stop sneezing and itching. **Jing Jie** is stronger to release surface than Fang Feng. **Fang Feng** maintains its bodily effects longer and stops internal wind spasm.

***Sang Ye** clears Lung and Liver heat and expels wind heat.

• **With Qi and blood stagnation**

Chuan Xiong	Radix Ligustici Chuanxiong	3-9gs
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g

***Chuan Xiong**, **Xiang Fu** and **Hong Hua** promote blood circulation. **Chuan Xiong** is acrid and warm, effects the upper body and surface to dry and promote circulation in the sinus. **Xiang Fu** regulates Liver Qi and stops pain and tension. **Hong Hua** promotes blood circulation to break congealed blood for treating chronic Qi and blood stagnation effecting the sinus.

• **With damp-heat or heat toxin sinusitis**

Huang Qin	Radix Scutellariae Baicalensis	3-12g
Jin Yin Hua	Flos Lonicerae Japonicae	3-12g
Lian Qiao	Fructus Forsythiae Suspensae	3-12g
Dan Zhu Ye	Herba Lophatheri Gracilis	3-12g
Lu Gen	Rhizoma Phragmitis Communis	3-30g
Dong Gua Ren	Semen Benincasae Hispidae	3-15g
Bai Mao Gen	Rhizoma Imperatae Cylindrica	3-30g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g

***Huang Qin**, **Da Qing Ye**, **Jin Yin Hua** and **Lian Qiao** eliminate heat toxins. **Huang Qin** clears damp-heat toxins. **Da Qing Ye** clears heat toxins and viruses in the throat and ear. **Jin Yin Hua** and **Lian Qiao** release the surface to expel wind heat attack. **Jin Yin Hua** strongly expels external wind heat. **Lian Qiao** goes to a deeper layer to clear heat toxins and dissolve nodules.

***Dan Zhu Ye**, **Lu Gen**, **Dong Gua Ren** and **Bai Mao Gen** promote urination and clear heat toxins. **Dan Zhu Ye** clears Heart irritability. **Lu Gen** moistens the dryness for dry

throat and nose. **Dong Gua Ren** clears Stomach and Lung heat and expels pus. **Bai Mao Gen** clears Lung and Stomach heat, moistens the dryness, and stops bleeding to treat dry and bleeding noses.

***Tian Hua Fen** and **Xuan Shen** clear heat and moisten the dryness and dissolve phlegm nodules to treat dry throat, dry sinus and phlegm stagnation. **Tian Hua Fen** is stronger to clear heat toxins. **Xuan Shen** cools the heat in the blood.

(3) With Tinnitus from Liver Qi, phlegm and blood stagnation with Kidney Jing and Liver blood deficiency.

A. Dx:

Qi, phlegm and blood stagnation with underlying Kidney Jing and Liver blood deficiency.

B. Formula:

Xiao Yao San modified with Ban Xia Bai Zhu Tian Ma Tang, Zuo Ci Er Long Wan and Xue Fu Zhu Yu Tang.

• **With internal wind and tremors including tremors of the tongue**

Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Cum Uncis Uncariae	3-12g

***Tian Ma** and **Gou Teng** stop internal wind, relax the channels and muscles to eliminate tinnitus. **Tian Ma** is stronger and goes into deeper layer. **Gou Teng** is as an assistant to the surface level and release tension.

• **With Qi and phlegm stagnation**

Bai Zhu	Rhizoma Atractylodis Macrocephalae	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Sheng Jiang	Zingiber Officinale Rosc.	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
Shi Chang Pu	Rhizome Acori Graminei	3-12g

***Bai Zhu**, **Ban Xia**, **Sheng Jiang** and **Bai Jie Zi** dry the phlegm in the inner ear to stop tinnitus. **Bai Zhu** benefits Spleen Qi and dries the dampness. **Ban Xia** dries the phlegm everywhere including the inner ear. **Sheng Jiang** is acrid and warm; it moves

and dries the phlegm in the inner ear to stop tinnitus. **Bai Jie Zi** is acid and warm to move and dry the phlegm in the inner ear; it is more stable but less moving than Sheng Jiang.

***Shi Chang Pu** and **Yu Jin** open the orifices to stop tinnitus. **Shi Chang Pu** dissolves phlegm to eliminate inflammation in the inner ear. **Yu Jin** cool heat in the blood and Liver Yang and promotes blood circulation to stop tinnitus.

- With internal wind spasms and wiry pulse

Chan Tui	Periosticum Cicadae	3-12g
Jiang Can	Bombyx Batryticatus	3-12g

***Chan Tui** and **Jiang Can** quell internal wind and spasms stop tinnitus. **Chan Tui** is light weight, works on the surface and upper body to stop spasms of the inner ear. **Jiang Can** dissolves phlegm and works on a deep layer to eliminate tinnitus.

- With Qi and blood stagnation

Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Hong Hua	Flos Carthami Tinctorii	3-9g

***Xiang Fu**, **Dan Shen** and **Hong Hua** promote blood circulation to benefit the ear. **Xiang Fu** regulates Liver Qi and stops the tension and pain. **Dan Shen** cools the blood and calms the Heart and especially promotes small blood vessel circulation in the inner ear. **Hong Hua** breaks congealed blood to stop blood stagnation in the ear.

- With Kidney Jing deficiency

Ci Shi	Magnetitum	3-60g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Shu Du Huang	Radix Rehmanniae Glutinosae Conquitae	3-60g
Shan Yao	Radix Dioscoreae Oppositae	3-12g
Ji Xue Teng	Radix et Caulis Jixueteng	3-30g

***Ci Shi** stabilizes the Kidney and benefits the inner ear environment.

***Shan Zhu Yu** and **Shu Di Huang** strengthen the Kidney and Yin. **Shan Zhu Yu** warms the Kidney and astringes the Kidney Jing. **Shu Di Huang** nourishes the Kidney Jing and Liver blood.

***Shan Yao** strengthens and astringes the Spleen Qi to assist the Spleen Qi flow and benefit the nutrition Qi.

***Ji Xue Teng** strengthens Liver blood and expels wind-damp-Bi-pain to benefit the inner ear and nourish the blood.

10. Thyroiditis

(1) Hypothyroidism

A. Indications:

Hypothyroidism, fatigue, joints and body ache, hair loss, depression, low appetite, weight gain, constipation, intolerance to cold, dry and thick skin, puffy face or neck, irregular menstruation, teethmarks, dark or purple tongue, weak and wiry pulse.

B. Indication:

Liver Qi stagnation with Kidney and Spleen Qi and Jing deficiency.

C. Formula:

Xiao Yao San modified with Bu Zhong Yi Qi Tang and You Gui Yin.

• With Qi deficiency

Huang Qi	Radix Astragali Membranaceus	3-30g
Dang Shen	Radix Codonopsis Pilosulae	3-12g
Sheng Ma	Rhizoma Cimicifugae	3-9g

***Huang Qi** and **Dang Shen** strengthen Spleen Qi to reduce fatigue. **Huang Qi** emphasizes raising the Qi upwards. **Dang Shen** emphasizes strengthening and benefitting the Spleen Middle Jiao Qi.

***Sheng Ma** assists Huang Qi and Dang Shen to raise and encourage the Qi.

• With Spleen and Kidney Yang deficiency and cold

Gan Jiang	Rhizoma Zingiberis Officinalis	3-12g
Gui Zhi	Ramulus Cinnamomi Cassiae	3-12g
Rou Gui	Cortex Cinnamomi Cassiae	3-9g

***Gan Jiang**, **Gui Zhi** and **Rou Gui** warm the Yang Qi. **Gan Jiang** warms the Spleen and Kidney Yang. **Gui Zhi** warms the Ying and Wei. **Rou Gui** warms the Kidney. Comparison: Gui Zhi benefits the surface, Gan Jiang benefits the Middle Jiao, and Rou Gui benefits the Kidney.

• With Kidney Yang deficiency and low sexual energy

Yin Yang Huo	Herba Epimedii	3-12g
Ba Ji Tian	Radix Morindae Officinalis	3-12g
Xu Duan	Radix Dipsaci Asperi	3-12g
Bu Gu Zhi	Fructus Psoraleae Corylifoliae	3-12g
Shan Zhu Yu	Fructus Corni Officinalis	3-12g
Tu Si Zi	Semen Cuscutae Chinensis	3-30g
Gu Sui Bu	Rhizoma Drynariae	3-12g
Dong Chong Xia Cao	Cordyceps Sinensis	3-12g
Lu Rong	Cornu Cervi Parvum	3-9g

***Yin Yang Huo**, **Bai Ji Tian**, **Xuan Duan**, **Gu Sui Bu**, **Dong Chong Xia Cao**, **Shan Zhu Yu**, **Tu Si Zi** and **Lu Rong** warm the Kidney Yang to expel cold and fatigue. **Yin Yang Huo** and **Bai Ji Tian** warm the Kidney Yang and expel wind-damp-Bi-pain. **Yin Yang Huo** moves faster and works on the surface. **Bai Ji Tian** maintains its effects in the blood for a longer duration. **Xu Duan** and **Gu Sui Bu** promote blood circulation. **Xu Duan** works on the blood level. **Gu Sui Bu** benefits the bone. **Dong Chong Xia Cao** nourishes the Kidney Yin; it can be used for chronic and mild hypothyroidism. **Shan Zhu Yu** and **Tu Si Zi** tend to be neutral temperature; **Shan Zhu Yu** astringes the Kidney. **Tu Si Zi** nourishes the Kidney Yin. **Lu Rong** is the strongest to strengthen Kidney Yang and nourishes Kidney Jing and Liver blood.

• With Qi and blood stagnation

Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Flos Carthami Tinctorii	3-9g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Yu Jin	Tuber Curcumae	3-12g

***Chuan Xiong**, **Hong Hua**, **Dan Shen** and **Yu Jin** promote blood circulation. **Chuan Xiong** is acrid and warm; it has a strong moving function to warm the body. **Hong Hua** breaks congealed blood. **Dan Shen** cools and calms the heat and Heart; it emphasizes promoting small blood vessel circulation. **Yu Jin** eliminates irritability, open orifices and calms the Liver.

• With Goiter due to Qi, phlegm and blood stagnation

Hai Zao	Herbs Sargassii	3-15g
Hai Dai	Herba Laminariae Japonicae	3-12g
Kun Bu	Thallus Algae	3-12g
Bai Jie Zi	Semen Sinapsis Albae	3-12g
Ju He	Semen Citri Reticulatae	3-12g
Li Zhi He	Semen Litchi Chinensis	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Hong Hua	Flos Carthami Tinctorii	3-9g
Tao Ren	Semen Persicae	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Hou Po	Cortex Magnoliae Officinalis	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Jiang Can	Bombyx Batryticaus	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Hai Ge Ke	Concha Cyclinae Sinensis	3-30g
Xia Ku Cao	Spica Prunellae Vulgaris	3-12g

***Hai Zao**, **Hai Dai** and **Kun Bu** dissolve nodules and mildly promote urination. **Hai Zao** benefits a deeper layer. **Hai Dai** benefits the middle layer. **Kun Bu** benefits the surface layer compared with Hai Zao and Hai Dai.

***Bai Jie Zi, Ju He** and **Li Zhi He** dissolve Qi and phlegm stagnation nodules. **Bai Jie Zi** has a faster moving function to dry hidden phlegm. **Ju He** and **Li Zhi He** are stable and dissolve phlegm nodules. **Ju He** tends to the surface and upper body and has a stronger function to regulate Qi. **Li Zhi He** tends to benefit the interior and maintains its effects in the blood for a longer duration.

***Chuan Xiong, Hong Hua** and **Tao Ren** promote blood circulation to dissolve nodules. **Chuan Xiong** tends to strongly regulate the Qi of the blood, is acrid, and benefits the surface and upper body. **Hong Hua** and **Tao Ren** promote blood circulation and break congealed blood. **Hong Hua** is lighter weight; it has a stronger moving function. **Tao Ren** tends to be stable, maintains effects in the blood longer and moistens the dryness.

***San Leng** and **E Zhu** promote blood circulation and break blood and phlegm stagnation masses. **San Leng** moves the Qi in the blood whereas **E Zhu** moves the blood of blood and maintain longer effects in the blood.

***Hou Po** and **Zhi Ke** regulate Qi and descend Qi downwards. **Hou Po** dissolves phlegm; it treats Qi and phlegm stagnation. **Zhi Ke** strongly breaks the Qi and opens the chest and throat.

***Ban Xia** strongly dries phlegm and dissolves phlegm nodules.

***Jian Can, Zhe Bei Mu** and **Hai Ge Ke** dissolve phlegm nodules. **Jian Can** expels internal wind spasms to relax the neck and throat. **Zhe Bei Mu** clears heat and opens the Lung Qi. **Hai Ge Ke** expectorates phlegm.

***Xuan Shen** and **Xiao Ku Cao** dissolve phlegm nodules. **Xuan Shen** cools the heat in the blood. **Xiao Ku Cao** calms the Liver and clears heat toxins.

(2) Hyperthyroidism

A. Indications:

Rapid heartbeat, excess appetite, weight loss, intolerance to heat, insomnia, irregular menstruation, tremors of the extremities, bulging eyes, anxiety and irritability, red and dry tongue, wiry, floating and rapid pulse.

B. Diagnosis:

Liver Qi stagnation with Liver and Stomach Yang uprising.

C. Formula:

Xiao Yao San minus Dang Gui and with a low dosage of Chai Hu modified with Tian Wan Bu Xin Dan and Zheng Gan Xi Fang Tang

• With rapid heart beat and heat

Suan Zao Ren	Semen Zizyphi Spinosae	3-12g
Bai Zhi Ren	Semen Biotae Orientalis	3-12g
Yuan Zhi	Radix Polygalae Tenuifoliae	3-12g
He Huan Hua	Flos Albizziae Julibrissin	3-9g
Wu Wei Zi	Fructus Schizandrae Chinensis	3-12g
Lian Zi Xin	Plumula Nelumbinis Nuciferae	3-9g
Long Gu	Os Draconis	3-60g
Mu Li	Concha Ostrae	3-60g
Shi Jue Ming	Concha Haliotidis	3-60g
Tian Ma	Rhizoma Gastrodiae Elatae	3-12g
Gou Teng	Ramulus Uncariae Cum Uncis	3-12g
Bai Ji Li	Fructus Tribuli Terrestris	3-12g
Mai Men Dong	Tuber Ophiopogonis Japonici	3-12g
Tian Men Dong	Tuber Asparagi cochinchinensis	3-12g
Shi Hu	Herba Dendrobii	3-12g
Sheng Di Huang	Radix Rehmanniae Glutinosae	3-60g
Di Gu Pi	Cortex Lycii Radicis	3-12g
Mu Dan Pi	Cortex Moutan Radicis	3-12g
Yin Chai Hu	Stellariae Dichotomae Herba	3-12g

Bai Wei

Radix Cynanchi Baiwei

3-12g

***Suan Zao Ren, Bai Zhi Ren, Yuan Zhi, He Huan Hua** and **Wu Wei Zi** calm the Heart and Liver. **Suan Zao Ren** calms the Liver to eliminate irritability and palpitations. **Bai Zhi Ren** calms the Heart, controls rapid heart beats and moistens the intestine. **Yuan Zhi** clears phlegm and open orifices to calm rapid heart beats. **He Huan Hua** opens the Heart to calm the heart beat.

***Lian Zi Xin** sedates Heart fire to calm the heart beat.

***Long Gu, Mu Li** and **Shi Jue Ming** settle the Liver, Heart Yang and Qi to calm the heart beat. **Long Gu** calms the Heart and is astringent Qi. **Mu Li** calms the Liver Yang and dissolve phlegm nodules to calm the rapid heart beat. **Shi Jue Ming** emphasizes calming the Liver, benefits the eyes and settles the heart beat.

***Tian Ma, Gou Teng** and **Bai Ji Li** stop internal wind tremors of the extremities and calm the heart beat. **Tian Ma** is the strongest. **Gou Teng** is second strongest and mildly releases the surface. **Bai Ji Li** works on a lighter level and on the surface.

***Mai Men Dong, Tian Men Dong, Shi Hu** and **Sheng Di Huang** nourish the Yin to calm the heat, Heart, Liver and Stomach. **Mai Men Dong** calms the Heart to eliminate irritability and rapid heart beat. **Tian Men Dong** benefits the Kidney to cool the Kidney empty heat and nourishes the Kidney Yin. **Shi Hu** cools the Stomach deficiency heat to quell excess appetite. **Sheng Di Huang** nourishes Kidney, Liver and Stomach Yin to cool the heat in the blood.

***Di Gu Pi, Mu Dan Pi, Yin Chai Hu** and **Bai Wei** sedate Liver and Kidney deficiency empty heat. **Di Gu Pi** and **Yin Chai Hu** are used for treat steaming bone syndrome due to Kidney Yin deficiency steaming the heat from the bone to the skin. **Di Gu Pi** goes into a lighter level and Yin Chai Hu goes relatively deeper. **Bai Wei** sedates acute or chronic empty heat and mildly promotes urination.

● **With goiter due to Qi, phlegm and blood stagnation**

Bai Jie Zi	Semen Sinapsis Albae	3-12g
Jiang Can	Bombyx Batryticatus	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Hai Ge Ke	Concha Cyclinae Sinensis	3-30g
Xiao Ku Cao	Spica Prunellae Vulgaris	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g

Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Chi Shao	Radix Paeoniae Rubrae	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Shi Chang Pu	Rhizome Acori Graminei	3-12g
Yu Jin	Tuber Curcumae	3-12g
Chan Tui	Periosticum Cicadae	3-12g

***Bai Jie Zi, Jiang Can, Zhe Bei Mu** and **Hai Ge Ke** dissolve phlegm nodules. **Bai Jie Zi** is acrid and warm to eliminate phlegm nodules. **Jiang Can** stops internal wind spasms and helps to dislodge nodules. **Zhe Bei Mu** expectorates the phlegm, opens the Lung Qi and clears heat to dissolve nodules.

***Xiao Ku Cao, Tian Hua Fen** and **Xuan Shen** cool heat and dissolve nodules. **Xiao Ku Cao** cools the Liver heat, clears heat toxins, works on the surface for mild and chronic hot phlegm nodules. **Tian Hua Fen** clears hot phlegm and moistens the dryness to eliminate sticky hot phlegm nodules. **Xuan Shen** cools the heat in the blood and moistens the dryness.

***San Leng** and **E Zhu** break congealed blood and phlegm masses. **San Leng** emphasizes moving the Qi of blood and breaking phlegm stagnation nodules. **E Zhu** moves the blood of blood and maintains effects in the blood longer.

***Xiang Fu, Chi Shao** and **Dan Shen** promote blood circulation to eliminate nodules. **Xiang Fu** calms the Liver and stops pain to regulate Qi and blood circulation in the nodules. **Chi Shao** cools the heat in the blood, promotes blood circulation and cools hot nodules. **Dan Shen** calms the Heart to reduce irritability and increases blood circulation in the small blood vessel to eliminate nodules.

***Shi Chang Pu, Yu Jin** and **Chan Tui** open orifices to reduce nodules. **Shi Chang Pu** reduces phlegm and harmonizes the Middle Jiao to assist reduction of nodules. **Yu Jin** cools Liver heat and promotes blood circulation to reduce nodules. **Chan Tui** stops internal wind spasms, is light weight and acrid, and flows to the surface of the body to eliminate nodules.

(3) Thyroid disorder related nodules

A. Syndromes:

Lumps in the neck, irritability, plum pit throat (feeling there is plum stuck in the throat that is worse with stress), slightly purple tongue with white coating, wiry and slippery pulse.

B. Indication:

Liver Qi stagnation with phlegm and blood stagnation

C. Formula:

Xiao Yao San modified with Xiao Lou San and Xiao Fu Zhu Yu Tang.

• With Qi and phlegm stagnation

Bai Jie Zi	Semen Sinapsis Albae	3-12g
Jiang Can	Bombyx Batryticatus	3-12g
Hai Zao	Herbs Sargassii	3-15g
Hai Dai	Herba Laminariae Japonicae	3-12g
Kun Bu	Thallus Algae	3-12g
Zhe Bei Mu	Bulbus Fritillariae Thunbergii	3-12g
Hai Ge Ke	Concha Cyclinae Sinensis	3-12g
Xiao Ku Cao	Spica Prunellae Vulgaris	3-12g
Tian Hua Fen	Radix Trichosanthis Kirilowii	3-12g
Xuan Shen	Radix scrophulariae Ningpoensis	3-12g
Ju He	Semen Citri Reticulatae	3-12g
Li Zhi He	Semen Litchi Chinensis	3-12g
Ban Xia	Rhizoma Pinelliae Ternatae	3-9g
Hou Po	Cortex Magnoliae Officinalis	3-12g
Zhi Ke	Fructus Citri Aurantii	3-12g

***Bai Jie Zi** and **Jiang Can** have a strong density to dissolve phlegm nodules. **Bai Jie Zi** is acrid warm to penetrate through the phlegm nodules. **Jiang Can** stops wind phlegm spasm nodules and relaxes the neck and throat muscles.

***Hai Zao**, **Hai Dai** and **Kun Bu** dissolve phlegm nodules and mildly promote urination. **Hai Zao** is the most dense to dissolve phlegm nodules. **Hai Dai** is of middle density and

intensity towards functionally dissolving nodules. **Kun Bu** is lighter strength and tends to work on the surface level.

***Zhe Bei Mu** and **Hai Ge Ke** dissolve phlegm nodules. **Zhe Bei Mu** opens the Lung Qi, expectorates phlegm and clears heat. **Hai Ge Ke** expectorates phlegm and dissolves phlegm nodules.

***Xiao Ku Cao**, **Tian Hua Fen** and **Xuan Shen** clear heat and dissolve phlegm nodules. **Xiao Ku Cao** is light weight and clears heat from Liver to dissolve nodules on the surface level for chronic or mild nodules. **Tian Hua Fen** clears hot phlegm nodules and nourishes the dryness. **Xuan Shen** cools the heat in the blood and nourishes fluid to dissolve dry and hot phlegm nodules.

***Ju He** and **Li Zhi He** dissolve Qi stagnation related phlegm nodules. **Ju He** tends to the upper and surface levels and moves faster. **Li Zhi He** works on the interior, has stable effects, and dissolves phlegm nodules.

***Ban Xia** strongly dries phlegm nodules.

***Hou Po** and **Zhi Ke** regulate Qi and descend Qi downwards. **Hou Po** dries dampness and regulates Qi to eliminate Qi and phlegm stagnation nodules. **Zhi Ke** open the chest and breaks and descends Qi downwards to eliminate nodules.

● With Qi and blood stagnation

San Leng	Rhizoma Sparganii Stoloniferi	3-12g
E Zhu	Rhizoma Circuma Ezhu	3-12g
Xiang Fu	Rhizome Cyperi Rotunda	3-12g
Dan Shen	Radix Salviae Miltiorrhizae	3-12g
Chuan Xiong	Radix Ligustici Chuanxiong	3-9g
Shi Chang Pu	Rhizome Acori Graminei	3-12g
Yu Jin	Tuber Curcumae	3-12g
Chan Tui	Periosticum Cicadae	3-12g

***San Leng** and **E Zhu** break congealed blood and phlegm masses. **San Leng** moves the Qi of the blood. **E Zhu** is moves blood of the blood.

***Xiang Fu**, **Dan Shen** and **Chuan Xiong** promote blood circulation to dissolve nodules. **Xiang Fu** regulates Qi and blood and stops pain to treat nodules. **Dan Shen** cools and calms the Heart to promote blood circulation in the small blood vessel of nodules. **Chuan Xiong** is acrid and warm to move Qi of the blood and tends to effect the upper body and surface.

***Shi Chang Pu, Yu Jin and Chan Tui** open orifices to dissolve nodules. **Shi Chang Pu** harmonizes the Middle Jiao and dissolves phlegm nodules. **Yu Jin** cools the Liver blood, calms the Liver Yang and promotes blood circulation in the nodules. **Chan Tui** is acrid and light weight and flows from Liver-tendons to the surface and stops spasms to dissolve nodules.

Review Exercises for Personal Enrichment

Answers on the Next Page (This is not the course quiz)

Free the Qi and Blood: Treatment for 10 Disorders

1. What are common applications of Xia Yao San?

- A. emotional disorders
- B. gynecological disorders
- C. hepatitis
- D. middle jiao disorders
- E. excess internal wind
- F. skin disorders
- G. thyroiditis
- H. All of the Above

2. Shi Chang Pu and Bai Dou Kou...

- A. transform phlegm and open the orifice
- B. tonify Qi
- C. tonify Blood

3. For infertility...

- A. After menstruation, strengthen Liver Blood and Kidney Jing
- B. Prior to ovulation, promote blood circulation and strengthen Kidney Yang
- C. After ovulation, strengthen Kidney Yang and Qi and also Liver Blood
- D. A, B and C

4. Yu Jin...

- A. promotes blood circulation
- B. cools the Liver
- C. A and B

5. Chuan Lian Zi and Huang Qin...

- A. cool Liver and GB heat
- B. tonify blood
- C. open the orifice

6. Xiang Fu...

- A. promotes Qi and Blood circulation
- B. promotes the water
- C. purges the heat

7. Shan Zha...

- A. drains the damp heat from the upper jiao
- B. treats meat stagnation
- C. treats hyphema

Answers to Review Exercises

1. What are common applications of Xia Yao San?

- A. emotional disorders
- B. gynecological disorders
- C. hepatitis
- D. middle jiao disorders
- E. excess internal wind
- F. skin disorders
- G. thyroiditis
- H. All of the Above

Answer: H

2. Shi Chang Pu and Bai Dou Kou...

- A. transform phlegm and open the orifice
- B. tonify Qi
- C. tonify Blood

Answer: A

3. For infertility...

- A. After menstruation, strengthen Liver Blood and Kidney Jing
- B. Prior to ovulation, promote blood circulation and strengthen Kidney Yang
- C. After ovulation, strengthen Kidney Yang and Qi and also Liver Blood
- D. A, B and C

Answer: D

4. Yu Jin...

- A. promotes blood circulation
- B. cools the Liver
- C. A and B

Answer: C

5. Chuan Lian Zi and Huang Qin...

- A. cool Liver and GB heat
- B. tonify blood
- C. open the orifice

Answer: A

6. Xiang Fu...

- A. promotes Qi and Blood circulation
- B. promotes the water
- C. purges the heat

Answer: A

7. Shan Zha...

- A. drains the damp heat from the upper jiao
- B. treats meat stagnation
- C. treats hyphema

Answer: B

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